

## FUN FLATBREAD PIZZA

INGREDIENTS	STEPS	TIPS
<ul style="list-style-type: none"> <li>- 4 small whole grain flour tortillas</li> <li>- 60 mL (1/4 cup) pasta sauce</li> <li>- 5 mL (1 tsp) Italian seasoning</li> <li>- 1 clove garlic, minced</li> <li>- 1 small red bell pepper, chopped</li> <li>- 175 mL (3/4 cup) chopped fresh mushrooms</li> <li>- 60 mL (1/4 cup) chopped lean roast turkey</li> <li>- 250 mL (1 cup) shredded part skim mozzarella</li> <li>- 30 mL (2 tbsp) chopped fresh parsley, optional</li>   <li>- Any pizza toppings you enjoy the MOST!</li> </ul>	<ol style="list-style-type: none"> <li>1. Place tortillas on large baking sheet in a single layer; set aside.</li> <li>2. In a small bowl, stir together pasta sauce, herb seasoning and garlic. Spread evenly among tortillas. Sprinkle each with red pepper, mushrooms and turkey. Top with mozzarella.</li> <li>3. Bake in preheated 200°C (400°F) oven for about 8 minutes or until cheese is melted. Sprinkle with parsley before serving, if using.</li> </ol>	<ul style="list-style-type: none"> <li>- Brainstorm ideas for toppings. Zucchini, corn, pineapple, the sky's the limit.</li> <li>- Make extra pizza to have for lunch the next day.</li> <li>- Want to make this recipe vegetarian? Just leave out the turkey.</li> <li>- Choose <a href="#">healthy ingredients</a> and try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.</li> </ul>