



## Fresh & Fun Flatbread Pizza

*Makes 4 servings*

Prep Time: 5 minutes

Cook Time: 8 minutes

### INGREDIENTS:

- ✓ 4 small whole grain flour tortillas
- ✓ 1/4 cup pasta sauce
- ✓ 1 tsp Italian seasoning
- ✓ 1 clove garlic, minced
- ✓ 1 small red bell pepper, chopped
- ✓ 3/4 cup chopped fresh mushrooms
- ✓ 1/4 cup chopped lean roasted turkey
- ✓ 1 cup shredded mozzarella
- ✓ 2 tbsp. chopped fresh parsley, optional
- ✓ You can add any toppings you would like!

### DIRECTIONS:

1. Place tortillas on large baking sheet in a single layer; set aside.
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.
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.

### TIPS

- Brainstorm ideas for toppings. Zucchini, corn, pineapple, the sky's the limit.
- Make extra pizza to have for [lunch the next day](#).
- Want to make this recipe vegetarian? Just leave out the turkey.
- Choose [healthy ingredients](#) 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.