

# Crispy Tortilla Pizza

## Ingredients:

Serves 4

- 4 (6-inch) flour tortillas
- 1/2 teaspoon olive oil
- 2 cups mushrooms
- 1 green bell pepper
- 1 red onion
- 2 teaspoons minced garlic
- 1/2 cup low-sodium tomato sauce
- 1/2 cup shredded fat-free mozzarella cheese
- 2 teaspoons grated reduced-fat Parmesan cheese

## Instructions:

1. Heat oven to 400 degrees Fahrenheit.
2. Place tortillas on 2 large baking sheets.
3. Cook, flipping once, until crisp, about 10 minutes. Set aside.
4. While the tortillas are in the oven, wash bell pepper and red onion under running water. Wipe down mushrooms with a damp towel.
5. Thinly slice the mushrooms, bell pepper (about 1 cup), and red onion (about 1 cup).
6. Heat oil in a large skillet over medium heat. Add mushrooms, peppers, onions, and garlic.
7. Cook until all vegetables are soft and tender, about 10 minutes. Set aside.
8. Spread each tortilla crust with 2 tablespoons tomato sauce, 1/4 cup vegetable mixture, 2 tablespoons mozzarella cheese and 1/2 teaspoon of Parmesan cheese to create four personal pizzas.
9. Move pizzas to baking sheets and cook until cheese is melted, and the edges of the tortillas are golden brown, about 10 minutes.

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