Dinner Tonight!

Simple Skillet Pizzas

6 – 100% whole wheat flour tortillas
1 cup pasta sauce
3 cups reduced fat cheddar cheese
1½ cups seasoned lean ground beef or chicken, cooked
1½ cups romaine lettuce, chopped
1½ cups tomato, diced
Non-stick cooking spray

Coat skillet with non-stick cooking spray and bring to medium-high heat. Start by toasting one tortilla in the skillet for 30 seconds and then flip to allow both sides of the tortilla to be lightly toasted. Add a thin layer of pasta sauce, cheese, and beef or chicken on top of tortilla. Allow to heat throughout. Remove from skillet and top with lettuce and tomatoes. Slice into 4 wedges and serve immediately. Repeat steps above to prepare the remaining 5 pizzas.

Preparation Time: 10 minutes
Cook Time: 20 minutes
Serves: 6 portions (1 pizza each)

Cost per serving: $.84

Nutrition facts per serving:
Calories: 283
Total Fat: 10 g
Cholesterol: 30 mg
Sodium: 723 mg
Total Carbohydrate: 33 g
Protein: 15 g

Serve with: Spicy Corn Salsa