

# Easy Beef Tortilla Pizza

This variation on traditional pizza won't break your calorie budget.

## Ingredients

- 3/4 lb. extra-lean ground beef (90% to 95% fat-free)
- 1 medium diced onion
- 2 tsp. dried oregano
- 1/2 tsp. salt
- 8 oz. tomato sauce
- 4 flour tortillas (10 inches), whole-wheat
- 1 T olive oil
- 1 large chopped tomato
- 1 tsp. dried basil
- 1/2 tsp. lemon pepper
- 4 oz. crumbled feta cheese
- 1/4 cup grated Parmesan cheese

## Preparation

1. Cook beef and onion in skillet until beef is no longer pink. Pour off drippings. Add oregano, salt and tomato sauce and stir.
2. Place tortillas on baking sheet. Brush lightly with oil. Bake at 400 degrees F for 3 minutes. Remove and spoon equal portions onto each tortilla.
3. Top with equal amounts of tomato, cheeses and spices. Return to oven and bake another 12+ minutes.

**Yield:** 4 servings



## Nutrition Facts

Yield 4 servings

**Amount Per Serving**

**Calories** 420

**Fat** 20g

**Carbohydrate** 28g

Dietary Fiber 7.5g

**Protein** 31g

**Sodium** 1,200mg

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