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

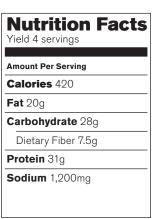
- 1 T olive oil
- 1 large chopped tomato
- 1 tsp. dried basil
- 1/2 tsp. lemon pepper
- 4 oz. crumbled feta cheese
- 1/4 cup grated Parmesan cheese

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





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