

Cheese and Veggie Pizza



Makes one Pizza Pie for one person (unless you want to split it – but I never do.)

And the totals are:

Calories 245 Fat 4.5g Sat Fat 1.5g Fiber 6g Carbs 26g

What you'll need:

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| Olive oil cooking spray | ½ Green bell pepper chopped fine |
| 1 95% Fat free whole-wheat tortilla
(120 calories or less preferred) | ¼ Cup onion chopped fine |
| 2 T Tomato paste | Oregano |
| ¼ Cup fat free shredded cheddar cheese | Basil |
| ½ Red bell pepper chopped fine | Garlic salt |
| | Thyme |

Cookie sheet to bake the pizza on (cover with aluminum foil if you want NO mess)

Let's get to cooking!

1. Preheat your oven to 350 degrees.
2. Spray your cookie sheet (or aluminum foil that covers it) with olive oil cooking spray.
3. Place the tortilla on the cookie sheet.
4. Spread tomato paste evenly on the tortilla.
5. Next sprinkle on your cheese.
6. Pile on your chopped veggies and lightly spray with olive oil spray.
7. Next add all herbs and seasonings.
8. Bake for 15 minutes or until the crust is brown and crispy on the edges.

When I was growing up my father made homemade pizza at least once a week. His pizza was an inch thick with sausage, cheese and pepperoni and he made his own crust. That kind of richness is what I am trying to match here – and it's what inspired this

Kitty's Lighter Weigh recipe!