

Cooking Directions for Healthy, Tortilla Shell Pizza

Ingredients:

1 onion
1 green bell pepper
Banana Pepper rings
1 can Mushrooms
Mexican Style shredded Cheese
Flour Tortillas
1 can Lg. Bk. Olives
1 jar Mushroom style Spaghetti Sauce
Lean Smoked Honey Ham lunch meat

-Preheat oven or broiler to 450 degrees F.

-Place Tortilla shell in ungreased glass pie pan, on cookie sheet, or on pizza sheet whichever is convenient.

-Open and spread ½ cup Mushroom style Spaghetti sauce over tortilla shell, leaving about ½ inch of shell uncovered around edges.

-Slice vegetables and ham to suitable size, and place on top of prepared tortilla shell.

-Top with ½ cup of cheese and place pizza in over or broiler until edges and cheese are lightly browned, (about 5 minutes).

-Remove from oven and enjoy a low calorie, heart healthy, tasty meal.