Mr. Food TEST KITCHEN "OOH IT'S SO GOOD!" Everyday Diabetic Recipes

Mini Margherita Pizza

SERVES	SERVING SIZE	COOK TIME
8	2 tortilla wedges	15 Min

Our easy recipe for Mini Margherita Pizza will solve your next dinnertime dilemma and keep you well within your diabetes diet. This sure beats take-out, and cooks up in less time than it takes the delivery boy to ring the doorbell!

What You'll Need:

4 (8-inch) flour tortillas*

1/4 teaspoon dried oregano

1/4 teaspoon garlic powder*

3 plum tomatoes, thinly sliced (about 3/4 pound)

2 tablespoons chopped fresh basil leaves

1/2 cup shredded mozzarella cheese

What to Do:

1. Preheat the oven to 350°F.
2. Lightly spray both sides of the tortillas with cooking spray, and place on rimmed baking sheets. Bake for 5 to 6 minutes per side, or until crisp. Remove from the oven and sprinkle with oregano and garlic powder.
3. Layer the tortillas with tomato slices, basil, and mozzarella cheese. Return to the oven and bake for 5 to 6 minutes, or until the cheese is melted. Cut each tortilla into 4 wedges, and serve.

Notes:

Nutritional Information

Servings Per Recipe: 8

Amount Per Serving	% Daily Value *	Amount Per Serving	% Daily Value *
Calories 97		**Cholesterol** 6.3mg	2 %
Calories from Fat 30		**Sodium** 188mg	8 %
Total Fat 3.4g	5 %	**Total Carbohydrates** 13g	4 %
Saturated Fat 1.5g	7 %	Dietary Fiber 0.9g	3 %
Trans Fat 0.0g	0 %	Sugars 1.7g	0 %
Protein 3.6g	7 %		

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** Percent Daily Values are based on a 2,000 calorie diet.*

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