

Quick Microwave Oven Cooked Tortilla Pizza



TIP: My 11 year old daughter, Caroline, taught me how to make a tortilla pizza. It's quick, easy and very flavorful and can be used either as a snack, lunch or dinner.

Preparation Time: 2-3 minutes

Ingredients

- 1 Tortilla (I used a whole wheat tortilla, but any tortilla will work)
- Tomato or Pasta Sauce
- Grated (or sliced) Cheese (I used a reduced fat Italian Cheese mix but any cheese will work)
- Pepperoni or any other Pizza topping (optional)



Equipment

- Microwave Oven (insert picture)
- Microwave Oven Safe Plate
- Pot Holder or Dish Towel
- Tablespoon
- Table Knife



1. Use a tablespoon to spread a thin and even layer of **tomato sauce** over the entire **tortilla**.



2. Cover the **sauce** with **grated cheese** (1) and either leave it as is or top half the **cheese** with **pepperoni** (optional) or any other **favorite pizza topping** (2).

(1)



(2)



3. Quickly and carefully fold the **tortilla** in half as shown in (1) & (2) below.

(1)



(2)



4. Put the **tortilla** in the microwave oven (1) and cook using **HIGH** heat for 30 seconds (2).

(1)



(2)



5. Use a pot holder (or folded dish towel) to remove the **cooked tortilla pizza** from the microwave oven. The **tortilla pizza** is done when the **cheese** is melted.



6. Use a table knife to cut the **tortilla pizza** into 2-4 pieces as shown in photos (1) – (3) and serve warm.

1



2



3

