



Crispy White Pizza



Entire recipe: 235 calories, 7g total fat (3.5g sat. fat), 766mg sodium, 35g carbs, 7.5g fiber, 8.5g sugars, 16g protein

Prep: 5 minutes **Cook:** 15 minutes

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Ingredients

- 1 large high-fiber tortilla with about 110 calories or less
- 1/3 cup light/low-fat ricotta cheese
- 1 tbsp. shredded part-skim mozzarella cheese
- 1/4 cup chopped onion
- 1/4 tsp. garlic powder
- 1/8 tsp. salt, or more to taste
- Dash black pepper
- 4 thin slices plum tomato
- 4 fresh basil leaves

Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

Place tortilla on the baking sheet, and bake until slightly crispy, 3 - 5 minutes per side.

Meanwhile, in a small bowl, mix ricotta with mozzarella.

Bring a skillet sprayed with nonstick spray to medium heat. Cook and stir onion until softened and slightly browned, about 4 minutes. Add cheese mixture and spices. Mix well.

Spread cheese-onion mixture over tortilla, leaving a 1/2-inch border. Top with tomato and basil.

Bake until hot, about 5 minutes.

MAKES 1 SERVING

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