



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

Freestyle™ [SmartPoints®](#) value 7*

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

Tagged: [Lunch & Dinner Recipes](#), [Meatless Recipes](#), [Single Serving](#)



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

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.