



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



More: [Lunch & Dinner Recipes](#), [Vegetarian 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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies. *The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.