



## Renee's Tortilla-Pita Pizza

### **Pizza Sauce:**

1 15 oz. can tomato sauce  
½ small can of tomato paste (adds sweetness to sauce)  
½ teaspoon Pepper  
2 tsp. Oregano Leaves  
Sprinkle Italian Seasoning  
Sprinkle Basil  
Sprinkle Garlic Powder  
1 Tablespoon Olive oil

1 Don Poncho's Low Carb Low Fat Wrap (tortilla) or 1 Toufayan Whole Wheat Pita  
Sauce 1-2 tablespoons per pizza  
Shredded low-fat mozzarella cheese (1/2 cup)  
Parmesan Cheese - grated – light sprinkle

**Toppings:** the sky's the limit... broccoli, peppers, zucchini, artichokes, chicken, turkey (ground turkey breast is especially yummy), ground beef (get the very lean stuff and make sure to drain it). You could even splurge every once in a while with turkey pepperoni (watch the sodium content).

\*\*Depending on how much meat/veggies you put on, the toppings will probably count as 1-2 protein & 1 category 1 veggie.

Total Servings for one whole pizza:  
Grains – 1.5-2  
Protein – 1- 2 (depends on toppings)  
Veggies – 1-1.5 (depends on toppings)

\*\*\* NOTE: Any extra pizzas can be baked and then put in the fridge for later, or they can be wrapped and put in the freezer for later ☺ .