

Looking for a healthy (and tasty!) alternative for the high fat greasy take out pizza? Try this healthy version for yourself or double, triple, or quadruple (you get the idea) the recipe to make for a friend or family. For an extra nutritional punch, experiment by throwing on some additional vegetables: peppers, onions, broccoli, the options are endless! For a fun family event let kids choose how they 'decorate' by providing different toppings.

Spinach Feta Personal Pizza

Serves: 1

INGREDIENTS

- 1 (8-inch) flour tortilla (try a whole wheat tortilla)
- 2 tablespoons pizza sauce
- 10 spinach leaves, fresh
- 1 sliced Roma or plum tomato
- 1 tablespoon feta cheese
- 2 tablespoons low fat mozzarella cheese

DIRECTIONS

1. Turn on oven broiler.
2. Spray cookie sheet with spray margarine and place tortilla on sheet.
3. Toast tortilla lightly on both sides under broiler. Remove from oven.
4. Top tortilla with sauce, spinach leaves, and tomato slices.
5. Sprinkle on feta cheese and mozzarella cheese.
6. Place under broiler until cheese melts.