

## Mini Deep Dish Pizzas

<b>Nutrition Facts:</b>	
Yield	1
Calories	235
Fat	3 g
Sodium	833 mg

<b>Code</b>
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### **Ingredients Needed:**

1 whole-wheat tortillas  
1 (15 oz.) can tomato sauce  
¼ cup shredded skim mozzarella cheese  
1 Tbsp. shredded parmesan cheese  
½ tsp. Italian seasoning  
Pinch garlic powder  
Pepper

### **Recipe Directions:**

- Preheat oven to 425 degrees.
- Spray muffin tin with cooking spray.
- Using a cookie cutter or empty can, cut out circles of tortilla.
- Fit the tortilla circle into the muffin tin. Pat the extra into place to form a cup.
- To make the sauce mix together 5 oz. pizza sauce with parmesan cheese and seasoning.
- Fill tortilla cups halfway with sauce, and top with shredded mozzarella.
- Bake for 10 minutes or until cheese is melted and lightly brown.