

Pizza Wraps

Tortillas filled with your favorite pizza toppings!



Level: Medium

Serves: 4

Ingredients:

- 1 tablespoon margarine, softened
- 4 (10-inch) flour tortillas
- 1 cup shredded Cheddar-Monterey Jack cheese blend
- ¼ cup pizza sauce
- 4 ounces sliced pepperoni, cooked beef or chicken



Kids' Tool Kit

- Knife
- Measuring cups
- Measuring spoons
- Skillet or griddle
- Spatula



Chef's Choice

- Pizza Wraps
- Pear slices
- Milk

Directions:



Remember to wash your hands!

1. Heat a large skillet or griddle over medium-high heat.
2. Spread margarine on one side of each tortilla. Place one tortilla in skillet, margarine-side down.
3. Spoon a tablespoon of pizza sauce onto half of the tortilla.
4. Sprinkle ¼ cup of cheese over the sauce and top with a few slices of pepperoni.
5. Fold the clean half of the tortilla over the filling and cook each wrap, turning once (about 1 to 2 minutes on each side or until cheese melts).
6. Repeat with remaining tortillas.



Helpful Hints: This is the perfect appetizer or meal and everyone can prepare their Pizza Wrap just the way they like it! Tomato sauce with a little added oregano can be substituted for pizza sauce. Choose pepperoni, ground beef or chicken; add chopped vegetables such as green pepper, red pepper or onion; and vary the cheese to your liking. Pizza Wraps are the perfect way to use leftovers and small amounts of ingredients in the refrigerator.



Safety Tip: Don't add water to a very hot skillet or griddle - it can sizzle up and hurt you. Adding cold water to a hot pan can warp and ruin the pan. Let pans cool before placing them in soapy water.

Nutrition Facts

Serving Size 1 wrap (148g)
Servings Per Container 4

Amount Per Serving
Calories 510 Calories from Fat 260

% Daily Value*

Total Fat 29g **45%**

Saturated Fat 12g **60%**

Cholesterol 50mg **16%**

Sodium 1140mg **47%**

Total Carbohydrate 42g **14%**

Dietary Fiber 3g **11%**

Sugars 2g

Protein 19g

Vitamin A 10% • Vitamin C 2%

Calcium 30% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.