

Pizza Wraps

Tortillas filled with your favorite pizza toppings!

4 servings

Ingredients:

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

Directions:

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 1/2 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 minute on each side or until cheese melts.
6. Repeat with remaining tortillas.

Nutrition Facts: One wrap provides 510 calories, 29g total fat, 50mg cholesterol, 1140mg sodium, 42g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice
Pizza Wrap
Pear Slices
Milk

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