

# Whole grain pizzadillas

These easy lunchbox fold-overs are a cross between pizza and quesadillas, and a great replacement when the kids get bored of sandwiches. Paired with a creamy ranch sauce and assorted vegetables, they'll be a huge hit at lunchtime.

## Ingredients

- 2 tbsp sodium-reduced tomato sauce
- 2 whole grain wheat tortillas (6 inch rounds)
- 1/3 cup shredded mozzarella or soy cheese
- 2 tbsp finely chopped sweet peppers
- 1 small mushroom, thinly sliced

## Directions

1. Spread tomato sauce on one tortilla.
2. Sprinkle cheese, sweet peppers and mushrooms over sauce.
3. Top with second tortilla.
4. Cook in non-stick pan over medium heat turning over once until golden brown and cheese is melted, 4-5 minutes.
5. Let cool and cut into wedges.
6. Serve with ranch dipping sauce and assorted vegetables.

## Nutritional facts

(per 1 pizzadilla)

285 calories, 16 g protein, 40 g carbohydrates, 6 g fibre, 7 g total fat, 550 mg sodium



Yield: 2 servings  
Prep time: 5 minutes  
Cook time: 5 minutes



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