

pizzadilla

Serves: 4

Prep and Cook time: 15 min

Per serving: 302 calories, 9 g fat, 443 mg sodium

2/3 cup shredded mozzarella cheese

1 cup tomato based pasta sauce (Ragu)

2 oz fresh or canned spinach, with the liquid squeezed out (optional)

4 whole wheat/flour tortillas

1. Lay one tortilla down with the rougher-textured side down. Spread $\frac{1}{4}$ of the tomato sauce evenly over the whole tortilla, all the way to the edges. Repeat with the other three tortillas. Divide the spinach, mozzarella, and any other toppings between the four tortillas.
2. Gently, fold each of the tortillas in half. Place a nonstick skillet over medium heat. Gently slide 1 pizzadilla into the pan and cook until golden on the bottom, about 2 minutes. Using a spatula, gently flip and cook the other side until the cheese melts, 1 to 2 minutes.
3. Transfer the pizzadilla to a cutting board. Repeat with the other pizzadillas.
4. Cut the pizzadillas into wedges and serve.

Vary It! Throw in any number of extra veggies, since it's the melted cheese the kids love most. You can use mashed kidney beans, avocado, finely chopped red bell pepper, corn, onions, and pepperoni.

