



Pepperoni Pizza Wrap



Entire recipe: 242 calories, 8.5g total fat (4g sat. fat), 930mg sodium, 31.5g carbs, 7.5g fiber, 5g sugars, 16.5g protein

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Prep: 10 minutes **Cook:** 10 minutes



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Ingredients

1 large high-fiber flour tortilla with 110 calories or less (like the kinds by La Tortilla Factory)
2 tbsp. canned crushed tomatoes
Dash Italian seasoning
Dash garlic powder
Dash onion powder
1/4 cup chopped spinach
1/4 cup canned stewed tomatoes, roughly chopped, patted dry
1 tsp. grated Parmesan cheese
6 pieces turkey pepperoni, chopped
3 tbsp. shredded part-skim mozzarella cheese

Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

Microwave tortilla for 10 seconds, or until warm and pliable.

Spread crushed tomatoes onto the center of the tortilla, and sprinkle with seasonings.

Top with spinach, stewed tomatoes, Parm, chopped turkey pepperoni, and mozzarella.

Wrap tortilla up like a burrito, folding the sides in first, and then rolling it up from the bottom.

Place wrap on the baking sheet, seam side down.

Bake until hot on the inside and crispy on the outside, about 10 minutes.

MAKES 1 SERVING

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