

Pizza Burritos



Adding beans adds protein and makes these tasty pizza snacks a meal!

- 1) Spread Sauce on a whole-wheat tortilla such as:
 - Red Sauce: Tomato sauce, Pureed or Crushed tomatoes
- 2) Add spoon fulls of bean dip – season with oregano, basil and cumin
- 3) Choose Veggie Toppings:
 - Slices of peppers
 - Julienned zucchini
 - Olive slices – black or green
 - Small Pineapple chunks
 - Small pieces of Green Onion
 - Small slices of Tomatoes

Space veggies evenly in middle and towards edge closest to you.

- 4) Grate cheese over veggies
- 5) Roll up from edge closest to you, then fold in sides. Roll up top edge to close up the pocket.
- 6) Place on baking tray and put in hot oven for 5-10 minutes to melt cheese.

Carefully remove and let rest for 1 minute. Slice in half on diagonal and put on plate.
Enjoy!

Optional: Add slices of your favourite protein to go with the beans!