PIZZA POCKETS

INGREDIENTS

1 whole-wheat tortilla
3-4 Tablespoons of pizza sauce
¼ cup shredded mozzarella cheese
8 slices of turkey or regular pepperoni
2/3 cup pre-washed spinach
Dash of oregano (optional)
Dash of red pepper flakes (optional)
Non-stick cooking spray

DIRECTIONS

1. Turn stove top to low heat.
2. On a plate, lay the tortilla flat and add pizza sauce, cheese, turkey pepperoni, spinach, oregano, and red pepper flakes. Wrap it up like a pocket.
3. Spray non-stick cooking spray on pan. Raise flame to low-medium heat and place the pizza pocket on pan. Cook for 3-4 minutes on one side and 2-3 minutes on the other side.
4. Remove from heat. Cut in half (optional) and enjoy!

Recipe notes: Making pizza pockets is very customizable, you can even add cooked mushrooms, bell peppers and red onion!