

QUICK & EASY MICROWAVE COOKED TORTILLA PIZZA



TIP: This quick & easy, very flavorful, and kid-safe to make tortilla pizza works great as either a robust snack, lunch, or dinner.

Preparation Time: 1 minute

Cooking Time: about 45 seconds

Ingredients

1 Tortilla (I'm using a whole wheat tortilla, but any tortilla will work)

Favorite Tomato Sauce

Grated (or sliced) Cheese (I'm using a mix of reduced fat Italian cheeses, but any cheese will work)

Favorite Pizza Topping (I'm using pepperoni, but any favorite topping will work)



Equipment

Microwave Oven Safe Plate

Tablespoon

Table Knife

Potholder or Folded Dishtowel (not really necessary because plate won't get that hot in the microwave oven)



1. Put a **tortilla** on a *microwave oven safe plate*, and use a tablespoon to spread a **thin, even layer of tomato sauce** over the **entire tortilla**.



2. Cover the **sauce** with **cheese** and either leave the **tortilla pizza** as is or top **half the cheese** with your **favorite pizza topping** (I'm using pepperoni).



3. Fold the **tortilla** in half.



4. Put the **tortilla pizza** in the middle of the microwave oven, and cook using HIGH heat or 100% power for 45 seconds. **NOTE:** Cooking time will vary depending on microwave watt *output* power. The tortilla pizza shown here was cooked in a 1200-watt microwave oven for 45 seconds. If your microwave oven puts out less watt power, cooking time will take a little longer. If your microwave oven puts out more watt power, cooking time will be shorter.



5. After cooking, use a potholder or folded dishtowel, if needed, to remove the **cooked tortilla pizza** from the microwave oven. The **tortilla pizza** is done when the **cheese** has melted as shown in the bottom right picture below.



6. Use a table knife to cut the **tortilla pizza** into 2-4 pieces as shown here and serve warm.



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