# 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**.



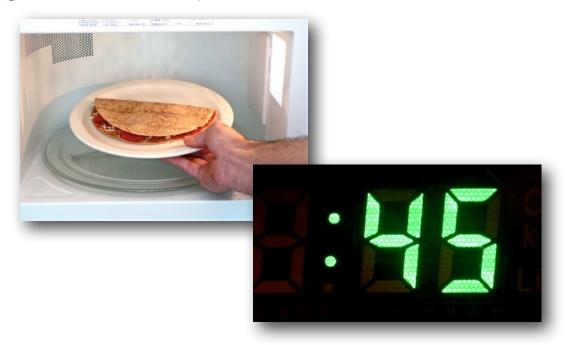
2. Cover the **sauce** with **cheese** and either leave the **tortilla pizza** as is or top **half the cheese** with your **favorite pizza topping** (I'm using pepperoni).



#### 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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