

TORTILLA PIZZA

2 persons / 575 kcal per portion

Ingredients:

- 4 whole wheat tortilla wraps
- 250 grams cherry tomatoes
- 1 red onion
- 1 clove of garlic
- ½ red pepper
- 100 grams matured young Gouda
- 35 grams arugula
- 1½ tablespoon oil
- pepper and salt



Preparation:

Finely chop the onion and garlic. Cut the cherry tomatoes into 4 quarters. Cut the garlic into strips. Heat a ½ tablespoon of oil in a frying pan and fry the onion and garlic for 3 minutes, add the bell pepper and fry for 3 minutes. Add some salt and pepper. Additional spices can also be added to this baking. Divide the cheese, cherry tomatoes, onion-pepper-garlic mixture, arugula over half of the tortillas. Keep some cheese, cherry tomatoes and arugula for garnish. Close the tortilla. Heat a ½ tablespoon of oil in 2 frying pans and fry the tortillas on both sides for 2-3 minutes. Serve the tortillas and garnish with the cheese, cherry tomatoes and arugula.

Nutritional value per portion:

Energy:	575 kcal
Protein:	21.9 grams
Carbohydrates:	52.2 grams
- including sugars:	10.8 grams
Fat:	25.2 grams
Fiber:	6.6 grams
Salt:	1.8 grams