

Taco Pizza

Ingredients

- 1 medium whole wheat pizza crust
- 2-1/2 oz frozen cooked beef crumbles
- 2/3 tbsp taco seasoning
- 1/2 cup italian cheese sauce
- 1 cup shredded mozzarella cheese, low fat
- 4 tsp romaine lettuce, shredded
- 4 tsp tomatoes, chopped
- 1/2 oz tortilla chips

Notes

Number of Portions: 4

Serving Size: 1 slice

Nutrition Facts: 277 calories, 9.22 g fat, 4.6 g saturated fat, 602 mg sodium, 30.98 g carbohydrate, 3.54 g fiber, 3.9 g sugar, 17.89 g protein

Directions

1. Par bake pizza crust at 375° F until lightly browned, about 5-7 minutes.
2. Combine ground beef crumbles with taco seasoning. Combine cheese sauce and shredded mozzarella cheese.
3. Top pizza with cheese sauce mixture and seasoned ground beef. Bake 10-12 minutes until it cooks thoroughly and reaches a temperature of 165° F.
4. Top with lettuce, tomatoes, and crushed tortilla chips. Cut pizza into 4 slices.

