

Pizza Roll Ups

Ingredients:

- 8 8-inch tortillas (I used the sundried tomato and basil)
- 8 mozzarella string cheeses (I do reduced fat)
- Turkey pepperonis (I do Applegate because there are no nitrates or nitrites)
- Thinly shredded carrots
- Thinly sliced red bell peppers
- Diced bell peppers, onions, and mushrooms (sautéed for 3-4 minutes to remove some of the water)
- Shredded parmesan cheese
- Italian Seasoning

Directions

1. Preheat Oven to 400 degrees F
2. If you are doing sauteed veggies, heat 1 TBS of olive oil over medium heat and add desired veggies to skillet. Cook over medium heat for 3-4 minutes
3. While veggies are cooking, you can start your other combos
4. Take one tortilla, and place string cheese in the middle. Top with pepperonis (I did 5-6), thinly sliced red bell peppers (I did 2) and about 1 TBS shredded carrots.
5. Sprinkle Italian seasoning and parmesan cheese.
6. Fold the sides of the tortilla in to cover the ends, then roll them up tight like a burrito and place on baking sheet
7. Repeat with other tortillas
8. Spray well with olive oil or avocado oil spray. Place on middle rack of oven for 12-15 minutes (until desired crispiness)
9. Serve with marinara sauce!
10. If you are sending these in a lunchbox for school you can prep them ahead of time and store in the fridge. They are great at room temp!

MADE WITH LOVE

by Teresa Forehand