

# MEXICAN PIZZA

## Ingredients:

- \*1 whole wheat wrap
- \*1 egg white
- \*1 whole egg
- \*non stick cooking spray
- \*1/4 capsicum(diced)
- \*1/2 onion(diced)
- \*1/2 cup low sodium salsa
- \*1/4 cup part-skimmed mozzarella cheese(shreaded)

## Directions:

Preheat oven to 180 degrees, bake wrap for 10mins.  
In small bowl scramble egg white & whole egg.  
Spray a pan with spray, saute vegies for 5mins, add egg mixture.  
Spread salsa on tortilla wrap, top with cooked egg mixture & cheese..

Calories: 380  
Total Fat: 15g  
Carbs: 29g  
Dietary Fibre: 5g  
Sugars: 9g  
Protein: 34g  
Iron: 2mg