

## Salami Pizza



Makes one Pizza Pie for one person (unless you want to split it – but I never do.)

### And the totals are:

Calories 260    Fat 8.5g    Sat Fat 3g    Fiber 6g    Carbs 24g

### What you'll need:

Olive oil cooking spray	½ Green bell pepper chopped fine
Low Fat Salami slices (12 calories per slice and I used 5)	¼ Cup onion chopped fine
1 Fat free whole-wheat tortilla (120 cal or less)	Oregano
2 T tomato paste	Basil
¼ Cup fat free shredded cheddar cheese	Garlic salt
½ Red bell pepper chopped fine	Thyme

Cookie sheet to bake the pizza on (cover with aluminum foil if you want absolutely NO mess)

### Let's get to cooking!

1. Preheat your oven to 350 degrees.
2. Spray your cookie sheet (or aluminum foil that covers it) with olive oil cooking spray.
3. Place the tortilla on the cookie sheet.
4. Spread tomato paste evenly on the tortilla.
5. Next sprinkle on your cheese.
6. Pile on ¾ of your chopped veggies.
7. Next add salami and remaining veggies.
8. Lightly spray with olive oil cooking spray and add all herbs and seasonings.
9. Bake for 15 minutes or until the crust is brown and crispy on the edges.

The wonderful pizzas my Father made when I was young inspired this  
**Kitty's Lighter Weigh Recipe.**