

VEGGIE MANIA TORTILLAS

These great appetizers that'll send your guests into a hat dance! This recipe variation is enough to fill 5 flour tortillas which will be cut to make 25 appetizer wedges.

Yield

25 appetizers

Ingredients

5	10" (25 cm) flour tortillas	5
1 cup	chopped fresh mushrooms	250 mL
1 cup	chopped fresh tomatoes	250 mL
1	green pepper, diced	1
1/2 cup	chopped green onion	125 mL
1/2 cup	grated part-skim mozzarella cheese	125 mL
1 tsp	tarragon	5 mL
1/4 tsp	salt	1 mL

Directions

Preheat oven to 400°F(200°C). Mix together all ingredients except flour tortillas. Divide evenly among the 5 tortillas, spreading mixture on only ½ the circle. Fold tortilla over and press edges gently to seal. Place on baking sheet. Bake for 10-15 minutes or until heated through and crispy outside. Allow to stand several minutes before cutting. Cut each tortilla into 5 wedges. Serve with salsa sauce for dipping, if desired.

Nutrient Content

Per Serving: Energy: 65.4 Kcal · Carbohydrate: 10.4 g · Protein: 2.4 g · Fat (Total): 1.6 g · Calcium: 27.6 mg