



# TORTILLA PIZZA

## Ingredients

- 2 oz (57 g) cooked extra-lean ground beef
- 1 8-inch (20 cm) whole wheat flour tortilla
- ¼ cup (60 mL) no sodium added tomato sauce
- ½ tsp dried oregano
- ½ cup fresh spinach
- 2 medium button mushrooms, sliced
- ½ medium red bell pepper, sliced
- ½ small onion, diced
- ¼ cup low fat mozzarella cheese, shredded

## Steps

1. Preheat oven to 400°F (200°C).
2. Place tortilla on a baking sheet.
3. Spread tomato sauce evenly over tortilla; sprinkle with dried oregano.
4. Lay spinach over the tortilla.
5. Add ground beef, mushrooms, bell pepper and onion.
6. Top with mozzarella cheese.
7. Bake in oven for 10 minutes, or until cheese is melted and edges are crispy.



# COOKING SAFETY

Adapted from "Fire Safety in the Kitchen," [canada.ca](http://canada.ca), July 24, 2023

## Cooking Safety

- Do not leave your cooking unsupervised.
- Turn cookware handles so they don't stick out over the edge of the stove or over the cooking element.
- After each use, turn off the stove/oven.
- Make sure tea-towels aren't hanging over the stove.
- Keep the stove/oven clean of all spills, fat built-up, etc.
- Clean the toaster and empty the crumb tray on a regular basis.
- Do not use/store toasters near curtains or other overhead combustible materials.
- Do not wear loose clothing while cooking.
- Do not cook with impaired faculties (e.g. via alcohol / marijuana).

## If a pan catches fire -

- Stay calm!
- Don't move it - it will be very hot.
- If available or safe to do so, cover the pan with a lid, cutting air to the fire will extinguish it.
- Turn off the heat of the stove/oven if it's safe to do so - don't lean over the pan to reach the controls.
- Never use water on chip pan or deep-fryer fires as it will intensify the fire; use a fire blanket to smother the flames if it is safe to do so.
- If using a fire extinguisher, Use caution and follow direction - misuse can actually cause a fire to spread.
- If the fire doesn't go out, get out, stay out and call 911.