

Low-carb Pizza Pockets



Ingredients:

2 low-carb tortillas
1 ½ cup shredded mozzarella cheese
2 tbsp. parmesan cheese
4 tbsp. pizza sauce
3 oz. pepperoni slices
3 oz. Canadian bacon
Olive oil
Oregano
Italian seasoning
Garlic powder

Nutrition Facts

Makes 2 servings
8 net carbs per serving

Directions:

1. Preheat oven to 400
2. Spoon 1 tbsp. pizza sauce over half of the tortilla
3. Next, layer half of the cheese...dividing evenly between both tortillas...leave some of the cheese close to the outer edge of the tortilla which will help you pinch them closed when you are done with the filling.
4. Divide the meat evenly between both of the tortillas placing on top of the cheese
5. Spread the remaining cheese on top of the toppings.
6. Spoon 1 tbsp. of pizza sauce over the cheese.
7. Fold the tortillas closed and pinch the ends together...don't worry if they don't stay closed, they will stick together as they cook in the oven.
8. Brush some olive oil on top of each tortilla. Sprinkle oregano, Italian seasoning, and garlic powder on top of the oil. Sprinkle with 1 tbsp. of parmesan cheese.
9. Bake for 10 minutes or until they are a nice golden brown.