

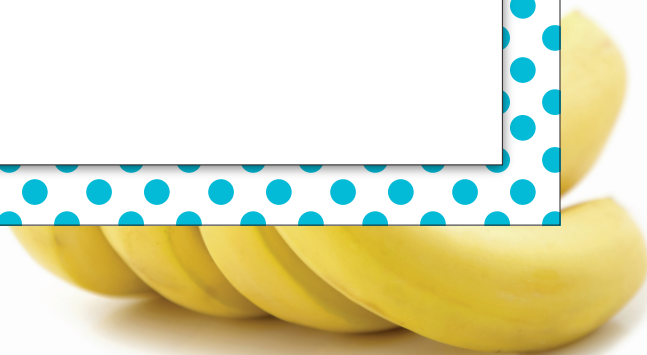
# Cooking with Ease

## Banana Wrap

*Makes 1 Serving*

1 flour tortilla  
2 tablespoons peanut butter or low-fat cream cheese  
1 tablespoon slivered almonds (optional)  
1 medium banana

Spread peanut butter on one side of tortilla and top with almonds. Peel banana and place on top of peanut butter. Roll up tortilla tightly.

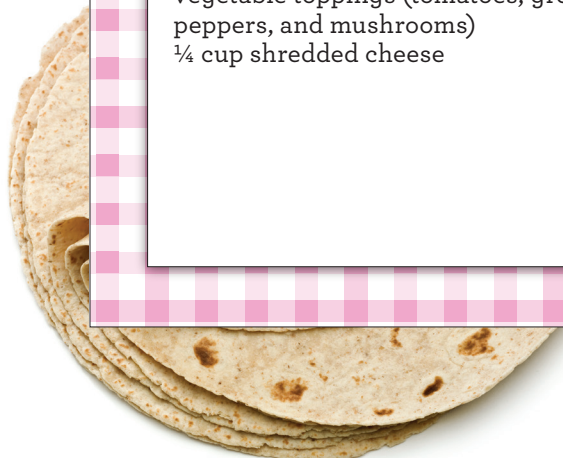


## Tortilla Pizza

*Makes 1 Serving*

1 flour tortilla  
1 tablespoon pizza sauce from jar or can  
vegetable toppings (tomatoes, green peppers, and mushrooms)  
½ cup shredded cheese

Layer pizza sauce, vegetable toppings, and cheese. Cook in the oven or microwave until cheese melts.

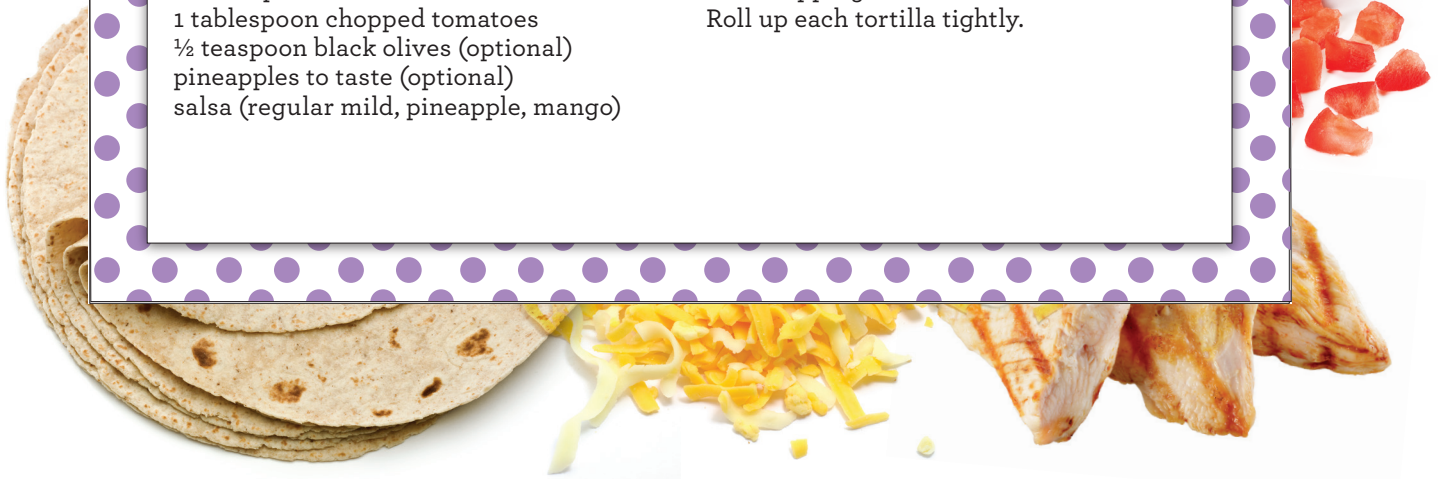


## Microwave Burrito

*Makes 1 serving*

1 flour tortilla  
1 tablespoon refried beans  
1 tablespoon canned chicken (shredded)  
2 tablespoons shredded cheese  
1 tablespoon chopped tomatoes  
½ teaspoon black olives (optional)  
pineapples to taste (optional)  
salsa (regular mild, pineapple, mango)

Place beans, chicken, and cheese on tortilla.  
Heat in the microwave for 30 seconds. Add other toppings.  
Roll up each tortilla tightly.



## Fruit Pizza

*Makes 2 Servings*

2 flour tortillas  
⅓ cup apple butter  
½ apple, thinly sliced (any variety)  
1 kiwi, peeled (or just scooped out)  
4 strawberries (green tops removed, berries sliced)  
cinnamon, to taste

Preheat the oven to 300°F.  
Place tortillas on a baking sheet.  
Spread apple butter fairly thickly over the flour tortilla.  
Arrange apple slices around the outside edge of the tortilla. Add a circle of kiwi slices and strawberries. Place a kiwi or berry slice in the center.  
Sprinkle with cinnamon.  
Bake on center rack until fruit is softened, about 15 to 20 minutes.

