

Rainbow Veggie Pizza Taquitos

Ingredients:

8 small corn tortillas
 ½ cup low-sodium pizza sauce
 1 cup shredded vegan mozzarella cheese
 ½ cup finely diced bell peppers (red, yellow, orange)
 ¼ cup finely chopped baby spinach
 1 tsp italian seasoning
 ½ tsp garlic powder
 Olive oil or avocado oil cooking spray



Directions:

1. Preheat oven to 400 F. Line a baking sheet with parchment paper.
2. Warm the tortillas until soft and pliable to prevent cracking. Wrap the tortillas in a damp paper towel and microwave for 20-30 seconds, or warm them in a dry skillet for 15-20 seconds per side.
3. Spread a thin layer of pizza sauce on each tortilla.
4. Sprinkle with cheese.
5. Divide the vegetables evenly among the tortillas.
6. Sprinkle with italian seasoning and garlic powder.
7. Roll each tortilla tightly and place seam-side down on a baking sheet.
8. Lightly spray with olive oil or avocado oil.
9. Bake 12-15 minutes until golden and crispy.
10. Cool for a few minutes before serving.



Nutrition Facts

4 servings per container

Serving size 2 Taquitos (80g)

Amount per serving

Calories 160

% Daily Value*

Total Fat 6g 8%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 170mg 7%

Total Carbohydrate 25g 9%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 190mg 15%

Iron 0.2mg 2%

Potassium 80mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Highlights: Vegetables provide Vitamin A and C. Familiar pizza flavors may increase vegetable acceptance.