

ITALIAN ROLL-UP

SERVES 4

1/2 green bell pepper
6 medium white mushrooms
1 Tablespoon vegetable oil
1/2 pound chicken or turkey sausage
1 cup prepared spaghetti sauce or pizza sauce (tomato)
4 medium flour tortillas
1-1/2 cups shredded mozzarella cheese

Preheat oven to 425°F.

Chop bell pepper and slice mushrooms. Set aside.

In a medium skillet, heat vegetable oil over moderate heat. Add sausage and cook until well done. Add bell pepper and mushrooms and cook until soft. Stir in spaghetti sauce or pizza sauce and cook until heated through.

Place tortillas on a cookie sheet. Evenly divide cheese among tortillas, sprinkling it out to the edges. Bake until cheese melts.

Evenly divide sausage filling among tortillas, placing filling in bottom half of each tortilla. Fold tortilla in half, like a calzone. Using a fork, crimp the edges together. Bake until crisp, about 5-7 minutes.

Skills Developed

Measure	Slice
Mix	Brown
Chop	Bake

