

PIZZADILLAS

Build a balanced day that limits screen time and includes healthy activities like COOKING!

1. Stay within recommended screen time limits:
 - 0-2 years: NONE
 - 2-4 years: less than an hour a day
 - 5-17 years: less than 2 hours a day
2. Put screens away 1 hour before bed and during meals and snacks
3. Replace screen time with healthy, fun activities like playing, moving, cooking and reading.



**POWER OFF devices
and PLAY MORE!**

PIZZADILLAS

Prep Time: **5 minutes** | Cook Time: **5 minutes** | Serves: **1**

Ingredients:

- 1 six inch whole wheat tortilla
- 2 Tbsp pizza sauce
- 1/4 cup mozzarella cheese
- 1/2 medium green or red pepper

Directions:

1. Wash pepper. Chop peppers and cheese.
2. Lay tortillas flat. With a spoon, spread pizza sauce on half, sprinkle cheese and peppers on top. Fold the bare half over the filling.
3. Place tortilla on a hot pan on medium-high heat on the stove. Heat for 2 minutes per side until cheese melts. Cut tortillas in half and serve.

Tips:

- Add your favorite vegetables and fruit (e.g. mushrooms, onions, pineapple).
- Bake Pizzadillas in the oven at 350°F for 10 minutes, instead of using a pan.



1



2



3



Get Kids COOKING!

2-3 year olds:

find the items in the fridge and cupboard

3-4 years olds:

add toppings on the Pizzadilla

4-6 year olds:

chop peppers and cheese with a plastic knife

6-8 year olds:

write out the grocery list

8-11 year olds:

use the pan or oven to heat the Pizzadilla

