

Mexican Bean Pizzas

Recipe of the Month August - 2014



Try Mexican flavor in a pizza. Make over this lunchtime favorite so it's loaded with beans for fiber and calcium for healthy bones.

Prep Time: 15 Min

Start to Finish: 40 Min

Makes: 4 pizzas

INGREDIENTS

4 low-fat whole wheat or flour tortillas (8 inch)

Cooking spray

1 cup fat-free refried beans (from 16-oz can)

8 medium green onions, sliced (1/2 cup)

1 medium tomato, seeded, diced

1/2 cup shredded hot pepper Monterey Jack cheese (2 oz.)

DIRECTIONS

1. Move oven rack to lowest position. Heat oven to 400°F. Spray 1 side of each tortilla with cooking spray. On each of 2 large ungreased cookie sheets, place 2 tortillas, sprayed sides down. Spread 1/4 cup refried beans on each. Top each with onions, tomato and cheese.
2. Bake 1 cookie sheet at a time on lowest oven rack 10 to 12 minutes or until bottoms are golden brown and cheese is melted and bubbly. Cut into wedges to serve.

Recipe Provides: Dairy 1/2c, Grains 2oz-equivalents, Vegetables 1/2c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Pizza	Calories:	220	Calories from Fat:	60
Total Fat:	6 g	Saturated Fat:	3 g	Trans fat :	0 g
Cholesterol:	15 mg	Sodium:	550 mg	Total Carbohydrate:	29 g
Dietary Fiber:	6 g	Sugars:	2 g	Protein:	10 g



This recipe is adapted from WWW.eatbetterearly.com