

Mexican Pizza

Heads Up: In the event that you have never looked at the nutrition facts on a can of refried beans, there can be a sizable difference among brands in the amount of sodium per serving. We have called for fat-free vegetarian refried black beans for the pizza and suggest that you do some comparison shopping before you purchase them. Look for them in the vegetarian foods section of super markets and health food stores.

Step 1: make the mexican pizza

- 1 prebaked thin pizza crust (10 ounces)
- 1 can (16 ounces) fat-free vegetarian refried black beans
- 1/2 cup chopped scallions
- 3/4 cup pre-shredded Cheddar cheese or Mexican mix cheese
- 1 cup shredded iceberg lettuce (1 small head)
- 1 cup chopped ripe tomato (1 medium-large)
- 1/4 cup mild or spicy salsa for serving

1. Preheat the oven to 450 degrees F.
2. Place the pizza crust on a large cookie sheet. Spread the crust with the refried beans. Sprinkle with the scallions and top with the cheese. Bake the pizza until the crust is crisp and the cheese is melted, about 10 minutes.
3. While the pizza is baking, chop enough lettuce and tomato to measure 1 cup each. Remove the pizza from the oven and sprinkle with the lettuce and tomato.

Serve

1. Remove the pizza to a cutting board. With a pizza cutter or a large sharp knife, cut it into wedges. Divide the wedges among 4 dinner plates. Serve with the salsa and the avocado salad.
2. When ready for dessert, serve the grapefruit with the cinnamon thins.

Nutrition Information Per Serving: Mexican Pizza Serves 4 Single serving is 1/4 of the total recipe Calories 400 Protein 16g Carbs 52g Total Fat 10g Sat Fat 3g Cholesterol 24mg Sodium 1189mg Fiber 6g
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