

# Recipes

## **Mexican Pizza**

#### **Ingredients:**

 cup pinto beans
6" whole wheat tortillas
tablespoon chili powder
teaspoon cumin
cup salsa
cup reduced fat cheddar cheese, grated

### **Equipment:**

Baking Sheet Mixing bowl Measuring Spoons Measuring Cups Cheese Grater Can Opener Strainer

Number of Servings: 4 Preparation Time: 5 minutes Total time: 15 minutes

#### Directions

- 1. Preheat oven to 400°F.
- 2. Open beans and pour into colander. Rinse under running water to remove sodium. Set aside to drain.
- 3. Shred cheese into small pieces using a grater.
- 4. Measure 1 cup beans in a mixing bowl. Mash with a fork. Save extra for other uses.
- 5. Add chili powder and cumin to beans and mix together..
- 6. Put tortillas on cookie sheet.
- 7. Top each tortilla with 2 tablespoons. of salsa, 1/4 of the bean mixture, and 3/4 tablespoon shredded cheese. If desired add chopped pepper and onion.
- 8. Bake at 400° until cheese is melted and edges of tortilla start to brown, 8-10 minutes.

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