

## Mexican Pizza

### Ingredients:

- 1 cup pinto beans
- 4 6" whole wheat tortillas
- 1 tablespoon chili powder
- 1/2 teaspoon cumin
- 1/2 cup salsa
- 1/4 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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