

Eat Smart • Move More

Spicy Pizza

Prep Time: 5 minutes

Total Time: 15 minutes



Ingredients

- Nonstick cooking spray
- 1 cup canned low-sodium pinto beans
- 4 whole-wheat tortillas
- 1 tablespoon chili powder
- ½ teaspoon cumin
- ¼ cup salsa
- ¼ cup reduced fat cheddar cheese, shredded

Nutrition Facts

4 servings per container	
Serving size	1 serving (125.3g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 450mg	20%
Total Carbohydrate 28g	10%
Dietary Fiber 7g	25%
Total Sugars 1g	
Includes g Added Sugars	
Protein 8g	
Vitamin D 0mcg	0%
Calcium 96mg	8%
Iron 1mg	8%
Potassium 257mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

- Heat oven to 400°F. Spray baking sheet with nonstick cooking spray.
- Mash beans, chili powder, and cumin together with a fork.
- Place tortillas on baking sheet. Top each tortilla with 2 tablespoons of salsa, ¼ of the bean mixture, and 1 tablespoon shredded cheese.
- Bake until cheese is melted and edges of tortilla start to brown, about 8-10 minutes.

Quick Tips

- ▶ Add your favorite veggies, like sliced peppers and onions, or corn.
- ▶ Top with shredded lettuce or avocado.
- ▶ This pairs well with Fresh Salsa or Corn and Black Bean Salsa.

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(Recipe adapted from: <http://www.honeywhatscooking.com>.)

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