

Mexican Pizzas

- 4 10-inch flour tortillas
 - Vegetable cooking spray
 - 1 cup prepared thick-and-chunky salsa
 - 1 teaspoon ground cumin
 - 2 tablespoons cilantro leaves, chopped
 - 1 can (15 ounces) black or pinto beans
 - 1 can (4-½ ounces) chopped green chilies
 - 1 cup thawed or canned and drained corn
 - 1 cup sharp cheddar cheese, shredded
1. Preheat the oven to 450°F.
 2. Place the tortillas on 2 baking sheets. Spray the tops of the tortillas with cooking spray. Bake for 4 minutes, or until puffy.
 3. Meanwhile, in a medium bowl, stir together salsa, cumin and cilantro. (If the salsa has a lot of liquid, drain it before using.)
 4. Drain the beans and green chilies. Add to the bowl, along with corn. Stir to combine.
 5. Spoon the bean mixture on the tortillas, spreading in an even layer. Top each tortilla with ¼ cup cheese. Bake the pizzas for 5 to 6 minutes, or until the cheese is melted and the edges are golden brown.

Yield 4 servings.

Nutrition Facts		
Serving Size: 1 pizza		
Servings per recipe: 4		
Amount Per Serving		
Calories 505	Calories from fat 144	
Value		% Daily
Total Fat 16		25%
Saturated fat 7g		37%
Cholesterol 30mg		10%
Sodium 1132mg		47%
Carbohydrate 69g		23%
Dietary Fiber 10g		41%
Protein 22g		43%
Vitamin A: 19%	Vitamin C: 114%	Folacin: 31%
Calcium: 32%	Iron: 22%	Potassium: 12%

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