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

<table>
<thead>
<tr>
<th>Amount Per Servings</th>
<th>Calories 505</th>
<th>Calories from fat 144</th>
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</thead>
<tbody>
<tr>
<td>Calories Value</td>
<td>% Daily</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
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</tr>
<tr>
<td>Saturated fat</td>
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<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
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<tr>
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<tr>
<td>Protein</td>
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</tr>
</tbody>
</table>

Vitamin A: 19%   Vitamin C: 114%   Folacin: 31%
Calcium: 32%     Iron: 22%       Potassium: 12%

Source: Modified from original source: Minute Meals, editor@minutemeals.com

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