



Taco Pizzas

Yield: 6 servings

Serving size: 1 tortilla pizza

Ingredients:

- 1 can low-sodium, no-fat added refried beans
- 6 fajita-size whole-wheat tortillas
- $\frac{3}{4}$ cup reduced-fat shredded cheese
- 1 cup tomatoes, diced
- 1 cup corn (drained and rinsed if canned)
- 1 cup lettuce

Optional: add cooked chicken or lean ground beef for more protein

Directions:

1. Preheat oven to 350°F.
2. Line two baking sheets with aluminum foil or spray with non-stick cooking spray.
3. Spread $\frac{1}{4}$ cup refried beans on each tortilla. Lay tortillas on prepared baking sheets so they do not touch.
4. Top with corn, tomatoes, and any other vegetables of your choice (such as diced onions or peppers).
5. Sprinkle each tortilla with 2 tablespoons of cheese.
6. Bake 15-20 minutes, until hot and crisp.
7. Cut into quarters, and top with lettuce.
8. Tip: Try serving with low-fat or fat-free sour cream or salsa. Add your favorite vegetables as extra toppings.

Nutrition Information per Serving:

Calories 300, Fat 7g, Protein 25g, Carbohydrate 43g, Fiber 9g, Sodium 400mg