

# Santa Fe Biscuit Pizza

**Makes:** 4 Servings

This recipe uses a low-fat bakery mix for the pizza crust. Enjoy biscuits, dumplings, shortcake, pancakes, waffles, muffins, and cakes made with low-fat bakery mix.

## Ingredients

- nonstick cooking spray
- 1 cup** low-fat bakery mix
- 2 tablespoons** cornmeal
- 1/4 cup** hot water
- 1 cup** canned low-sodium kidney beans (drained)
- 1/3 cup** salsa
- 1/4 cup** reduced fat cheddar cheese (shredded)
- 1/2 cup** lettuce (chopped)
- 1/2 cup** tomato (chopped)
- 3 tablespoons** fat-free sour cream

## Directions

- Heat oven to 375 degrees F. Spray 12-inch pizza pan or baking sheet with nonstick cooking spray.
- In a small bowl, stir bakery mix, cornmeal and hot water until soft dough forms. Shape into a ball. Roll dough into 10-inch circle and place on pan.

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>220</b>
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	2 g
Cholesterol	5 mg
<b>Sodium</b>	<b>540 mg</b>
<b>Total Carbohydrate</b>	<b>38 g</b>
Dietary Fiber	6 g
Total Sugars	1 g
Added Sugars included	N/A
<b>Protein</b>	<b>10 g</b>
Vitamin D	N/A
Calcium	150 mg
Iron	2 mg
Potassium	N/A
N/A - data is not available	

3. In a small bowl, stir together beans and salsa; spread over dough to within 2 inches of edge. Sprinkle cheese over beans.

4. Bake 25 to 28 minutes or until crust is golden brown and cheese is melted. Top with lettuce, tomato, and sour cream before serving.

**Source:** Recipe adapted from Food.com