

Tortilla Pizzas

Cook time: 25 minutes

Makes: 6 servings

Ingredients

- 12** corn tortillas, small (or flour tortillas)
vegetable oil (or margarine)
- 1 can** refried beans (16 ounce)
- 1/4 cup** onion (chopped)
- 2 ounces** fresh or canned green chili peppers (diced)
- 3 tablespoons** red taco sauce
- 3 cups** vegetables, such as broccoli, mushrooms, spinach, and red bell pepper (chopped)
- 1/2 cup** cheese, shredded part-skim mozzarella
- 1/2 cup** cilantro (chopped, fresh, optional)

Directions

1. Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza.
2. Brush the outside of the tortillas with a small amount of oil or margarine. Evenly brown both sides in a heated frying pan. Repeat with the rest of the tortillas. Set aside.
3. Heat refried beans, onion, and half of the chili peppers together in a medium saucepan, stirring occasionally. Remove from heat.

Nutrition Information

Nutrients	Amount
Calories	N/A
Total Fat	N/A
Saturated Fat	N/A
Cholesterol	5 mg
Sodium	N/A
Total Carbohydrate	38 g
Dietary Fiber	7 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	10 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

4. Spread about 1/3 cup of the bean mixture on each tortilla pizza. Sprinkle with 1 Tablespoon taco sauce, then top with 1/2 cup of the chopped vegetables, 1 teaspoon chili peppers, and 1 Tablespoon cheese for each pizza.

5. Return to frying pan and heat until cheese melts. Top with cilantro, if desired. Serve immediately.

Source: California Department of Health Services, Healthy Latino Recipes Made with LoveCalifornia Latino 5-A-Day Campaign