



# Tortilla Pizzas

## Ingredients

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|---|--|
| 12 small corn or flour tortillas                    | 3 cups chopped vegetables, such as broccoli, mushrooms, spinach, and red bell pepper |
| vegetable oil or margarine                          |  |
| 1 (16-ounce) can refried beans                      | ½ cup (2 ounces) shredded part-skim Mozzarella cheese                                |
| ¼ cup chopped onion                                 | ½ cup chopped fresh cilantro (optional)  |
| 2 ounces fresh or canned green chili peppers, diced |  |
| 6 tablespoons red taco sauce                        |  |

## Preparation

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 over medium heat, stirring occasionally. Remove from heat.
4. Spread about ⅓ cup of the bean mixture on each tortilla pizza. Sprinkle with 1 tablespoon taco sauce, then top with ½ 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.

*Chili peppers and taco sauce give this pizza a spicy twist.*

**Makes 6 servings.** 1 pizza per serving.

**Prep time:** 15 minutes

**Cook time:** 10 to 15 minutes

**Nutrition information per serving:**

Calories 253, Carbohydrate 39 g, Dietary Fiber 8 g, Protein 11 g, Total Fat 5 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 11 mg, Sodium 402 mg