

# Mexican Spicy Bean Pizza

Yield: 4 servings

## Ingredients:

- 1 whole wheat pizza crust
- 1 (6 oz) can tomato paste
- 1 can vegetarian refried pinto beans
- 1 cup frozen corn (thawed)
- 1 sliced bell pepper
- ¼ cup sliced red onion
- ½ cup grated Monterey jack cheese
- ½ teaspoon red pepper flakes
- ½ cup chopped cilantro
- ¼ cup mango (optional)

(continued)

## Directions:

1. Preheat oven to 425° F.
2. Put pizza crust on baking sheet/pizza pan.
3. Spread tomato paste and refried beans over crust.
4. Arrange corn, bell pepper, onion over beans.
5. Sprinkle with cheese and red pepper flakes.
6. Bake 15 minutes or until hot and bubbly.
7. Garnish with fresh cilantro and mango.

## Nutrition Facts:

Calories: 480 • Fat: 13g • Sodium: 137 mg

Total Carbohydrates: 78g • Dietary Fiber: 18g • Protein: 21g

Source:

UW-Extension



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