

Title: Eagle Pizza

<u>Code</u>
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<u>Nutrition Facts:</u>	
Yield	6
Calories	206
Total Fat	6 g
Sat Fat	2 g
Sodium	627 mg
Added Sugar	0 g
Fiber	7 g
Carbohydrates	32 g
Protein	9 g

Ingredients Needed:

- 1/2 cup fresh spinach, cut "shoestring strips"
- 1/2 cup fresh romaine lettuce, cut "shoestring strips"
- 2 1/4 teaspoons salt-free chili-lime seasoning blend*
- 1 3/4 cups canned low-sodium refried beans, fat-free
- 3/4 cup fresh green pepper, seeded, diced
- 3/4 cup fresh onions, peeled, diced
- 1 cup fresh carrots, peeled, shredded
- 1 1/4 cups canned low-sodium corn, drained, rinsed
- 6 whole-grain tostada shells
- 1/3 cup reduced-fat Mexican cheese blend, shredded
- 1/2 cup low-sodium salsa, mild
- 1/2 cup fat-free sour cream (optional)



Recipe Directions:

1. Preheat oven to 350 °F.
2. Combine spinach and lettuce in bowl and set aside.
3. In a medium mixing bowl, combine salt-free seasoning blend and refried beans. Set aside.
4. In a small skillet, coated with nonstick cooking spray, cook green peppers, onions, carrots and corn for 3-4 minutes. Set aside.
5. For each pizza, place 1/4 cup of bean filling on tostada shell. Spread mixture evenly using the back of a spoon. Top with 1/3 cup sautéed vegetable mixture. Lightly sprinkle 1 Tbsp of cheese on top.
6. Place tostadas on a large baking sheet coated with nonstick cooking spray. Bake until cheese is melted, about 2 minutes.
7. Remove tostadas from oven. Top each tostada with:
About 1 Tbsp spinach/lettuce mixture. About 2 1/2 Tbsp carrots.
About 1 Tbsp salsa. About 1 Tbsp sour cream
Serve immediately.