

Tortilla Pizzas

Ingredients:

- 12 small corn tortillas
- 6 teaspoons of canola oil
- 16 oz can refried beans
- ¼ cup chopped onion
- 2 oz fresh or canned green chili peppers
- 3 Tablespoons red taco sauce
- 3 cups spinach
- ½ cup low fat mozzarella cheese

Directions:

1. Brush one side of each tortilla with water. Press the wet sides of the tortilla together to form a thick crust.
2. Brush the outside of the tortillas together with 1 tsp of oil each.
3. Heat beans, onion & half of the chili peppers together in a sauce pan on medium heat. Stir occasionally. Spread 1/3 cup of the bean mixture on each tortilla.
4. Top with 1 Tbsp. taco sauce, ½ cup vegetables, 1 tsp chili peppers, and 1 Tbsp cheese.
5. Heat in frying pan until cheese is melted.

Tips & Facts:

- Substitute spinach for any vegetable of your choice- or even add multiple vegetables!
- Buy whole wheat tortillas instead of corn tortillas; whole wheat products contain more fiber and other nutrients

*This recipe is adapted from California Department of Health Services; Healthy Latino Recipes Made with Love; California Latino 5-A-Day Campaign

Nutrition Facts (per serving):

Serving: 6 pizzas
Calories: 270kcal
Carbohydrates: 38g
Total Fat: 9g
Protein: 10g
Fiber: 7g
Cholesterol: 5mg

Cost Analysis

Ingredients	Cost of Ingredients	Cost of Quantity Needed for Recipe
Tortillas	\$1.79	\$1.34
Refried Beans	\$2.19	\$0.36
Low-fat Mozzarella Cheese	\$3.69	\$0.92
Green Chili Peppers	\$1.60	\$0.80
Spinach (frozen)	\$2.00	\$1.00
Canola Oil	\$3.99	\$0.24
TOTAL	\$15.26	\$4.66
		Cost per Serving: \$0.77