



Black Bean Nacho Pizza

Makes 2 pizzas

Ingredients:

- 2 flat breads or tortillas
- 1 cup black beans, drained and rinsed
- ½ cup chopped roasted red peppers
- 1 teaspoon chopped garlic
- 1 teaspoon chili powder
- ¼ teaspoon salt
- ½ cup shredded Monterey Jack cheese
- ¼ cup chopped plum tomatoes
- ¼ cup chopped green onions
- ¼ cups sliced black olives
- 2 jalapeno peppers, chopped

Directions: Remember to wash your hands!

1. Preheat oven to 425 degrees F.
2. Place flat bread or tortillas on a baking sheet. Bake for about 10 minutes or until edges start to brown. Remove from oven and set aside.
3. In a food processor, combine black beans, red peppers, garlic, chili powder, and salt. Blend until a paste is formed.
4. Spread ½ of the bean paste on each crust.
5. Top each pizza with ½ of the remaining ingredients.
6. Return pizzas to the oven and bake for about 10 minutes or until cheese melts.
7. Remove from oven, cut into 4 pieces and serve immediately.

Nutrition Facts	
Serving Size (333g)	
Servings Per Container	
Amount Per Serving	
Calories 480	Calories from Fat 150
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 7g	35%
Cholesterol 25mg	8%
Sodium 1500mg	63%
Total Carbohydrate 63g	21%
Dietary Fiber 12g	48%
Sugars 6g	
Protein 21g	
Vitamin A 40%	Vitamin C 130%
Calcium 40%	Iron 30%
Not a significant source of trans fat.	
*Percent Daily Values are based on a 2,000 calorie diet.	

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