

VYP

Vary Your Protein Recipe Series

Recipe Category: Hot Main Dish

Quick 'n Easy Thin Crust Pizza

Yield: 1 serving

- 2 tortillas, preferably whole wheat, 8 inches in diameter
- 3 tablespoons canned fat free seasoned refried beans
- 1 teaspoon dried chopped onion
- 3 tablespoons chunky spaghetti sauce
- a dash of dried red pepper flakes
- 1/4 cup chopped fresh spinach leaves, firmly packed
- 1/4 cup shredded cheese, such as colby or cheddar

1. Wash your hands and work area.
2. Heat oven to 425 degrees F.
3. Place a tortilla on a plate. Spread about one or two teaspoons of refried beans over the center top of the tortilla.
4. Press the second tortilla on top of the first one. Spread remaining refried beans across the tortilla, stopping about 1/2 inch from the edges.
5. Over the beans, sprinkle onion, spaghetti sauce, red pepper and spinach.
6. If desired, add other favorite pizza toppings, such as chopped green peppers, broccoli or black olives.
7. Sprinkle toppings with cheese.
8. Bake pizza on an ungreased baking pan for about 10 minutes, until crust is crisp and cheese is melted.
9. Cover and refrigerate leftovers within two hours.



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Research and Extension

*Meal suggestion:
Serve with a leafy green salad, an orange and yogurt.*

This hot main dish is very easy to make. It is an excellent source of, dietary fiber, vitamin A, calcium and iron.

Nutrition Facts

Serving Size 1 pizza (228g)
Servings Per Container 1

Amount Per Serving

Calories 470 **Calories from Fat 130**

% Daily Value*

Total Fat 15g **23%**
Saturated Fat 5g **25%**
Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 920mg **38%**

Total Carbohydrate 63g **21%**

Dietary Fiber 8g **32%**

Sugars 6g

Protein 18g

Vitamin A 30% • Vitamin C 6%

Calcium 25% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

4 carbohydrate choices per serving.