

## Tortilla Vegetable Pizzas

**Serves: 6**

### Ingredients

12 small corn or flour tortillas	3 cups chopped vegetables (broccoli, mushrooms, spinach, and red bell pepper)
Vegetable oil or margarine	
1 (16 oz.) can refried beans	½ cup shredded part-skim mozzarella cheese
¼ cup chopped onion	½ cup chopped fresh cilantro (optional)
2 oz. fresh or canned green chili peppers, diced	
6 tbsp. red taco sauce	

Brush one side of each tortilla with water. Press the wet sides of the tortilla together to form a thick crust for the pizza.

Brush the outside of tortillas with a small amount of oil or margarine. Evenly brown both sides in a heated frying pan. Repeat with the rest of the tortillas.

Heat refried beans, onion, and half of the chili peppers together in a medium saucepan, stirring occasionally. Remove from heat.

Spread about 1/3 cup of the bean mixture on each tortilla pizza. Sprinkle with ½ cup of the chopped vegetables, 1 tsp. chili peppers, and 1 tbsp. cheese for each pizza.

Return to frying pan and heat until cheese melts. Top with cilantro, if desired. Serve immediately.

Per serving: 240 calories, 5 g total fat (2 g saturated fat), 10 mg cholesterol, 470 mg sodium, 10 g protein