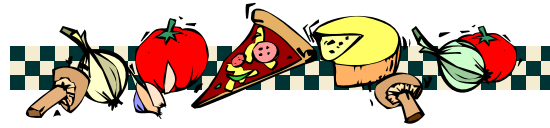


From The High Fit – Low Fat Vegetarian Cookbook

By:

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Karen Smyer's Black Bean Pizza

- 1 pizza crust, Boboli type
- 1 teaspoon olive oil
- 1 medium onion, diced
- 1 clove garlic, finely chopped
- 15 oz. black beans, cooked (or 1 can drained & rinsed)
- $\frac{3}{4}$ cup salsa
- $\frac{1}{2}$ tsp cumin, or to taste
- 1 cup Mozzarella, low-fat shredded.
- 1 bell pepper, yellow or red, diced
- 1 large tomato, diced
- $\frac{1}{4}$ cup cilantro, coarsely chopped

Preheat oven to 450° F. Place pizza crust on cookie sheet.

In a medium skillet, sauté onions and garlic in the olive oil for approximately 5 minutes. Add black beans, salsa, and cumin.

Bring to a boil and simmer 5 to 10 minutes, or until well blended, mashing the beans a little to make them more spreadable.

Layer the ingredients onto the pizza crust in the following order: bean mixture, cheese, peppers, tomato, and cilantro.

Bake for 8 to 10 minutes or until the crust becomes golden and the topping is bubbly.

Servings: 6

Short cut: Replace onion, garlic, black beans, salsa, and cumin with one 12 oz. jar of Saguaro Black Bean & Corn Salsa (or similar bean/salsa dip-combination). Proceed with the remainder of the recipe as written.

Per serving (1/6 of pizza using 12-inch Boboli crust): Calories 383; Total Fat 7.7g (Sat. 1.6 g.), Cholesterol 14mg., Carbohydrate 55g., Dietary Fiber 4.3 g., Protein 26g., Sodium 961 mg., Calcium 352 mg., Iron 2.2mg.
Exchanges: 3 starch, 1 vegetable, 2 lean meat

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