

## Fall 2001 Recipes

### Main Dishes

#### Black Bean and Canadian Bacon Pizza

*Homemade pizza can count towards your 5 A Day goal with added vegetables.*

Serves 4

Provides 1 vegetable serving per person

- 1 10-inch pizza crust
- 1/2 cup pizza sauce
- 1/2 cup thinly sliced sweet onions
- 1/2 cup chopped bell pepper
- 1/2 cup sliced mushrooms
- 3/4 cup reduced sodium canned black beans, drained and rinsed
- 1 cup grated reduced fat mozzarella cheese
- 2 ounces pizza cut Canadian bacon
- 1 teaspoon crushed dried chili peppers (optional)

1. Bake the pizza crust 10 minutes in a 400°F oven.

2. Spread the sauce over the cooked crust. Scatter onions, peppers, mushrooms and beans over the sauce. Sprinkle on the cheese and place the Canadian bacon around the edge. Top with crushed chile peppers and bake 15 minutes or until the crust is brown and the cheese bubbly.

3. Cut into 8 wedges and serve, 2 per person.

#### Nutritional Analysis

Per Serving:

293 calories  
7 g fat  
21% calories from fat  
3 g saturated fat  
9% calories from saturated fat  
42 g carbohydrates  
450 mg sodium  
6 g dietary fiber