THIS WEEK'S RECIPE

As seen on hdnews.net

Cooking with Carla

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 chedda

Directions:

- Wash your hands and work area.
- Heat oven to 425 degrees F.
- Place a tortilla on a plate. Spread about one or two teaspoons of refried beans over the center top of the tortilla.
- 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.
- Over the beans, sprinkle onion, spaghetti sauce, red pepper and spinach.
- If desired, add other favorite pizza toppings, such as chopped green peppers, broccoli or black olives.
- Sprinkle toppings with cheese.
- Bake pizza on an ungreased baking pan for about 10 minutes, until crust is crisp and cheese is melted.
- Cover and refrigerate leftovers within two hours.

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

CUT OUT

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.

Location Of Ingredients

(At Vine Street Dillon's)

Item	Aisle
Tortillas	10
Refried Beans	9
Dried Chopped Onion	11
Chunky Spaghetti Sauce	9
Dried Red Pepper Flakes	11
Fresh Spinach	Produce
Shredded Cheese	Dairy

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