

TOMATO SPINACH AND BLACK BEAN PIZZA



1 Italian cheese-flavored thin pizza crust
1 ¼ cup (300 mL) cooked **black beans*** or 1-14 oz can, rinsed and drained
½ tsp (2 mL) hot sauce
2/3 (150 mL) cup chopped onion
1 tsp (5 mL) cumin
1 tsp (5 mL) chili powder
1 garlic clove, minced
½ cup (125 mL) bottled salsa
1 tomato, diced
½ (10 oz) package frozen chopped spinach, thawed, drained, and squeezed dry
½ cup (125 mL) shredded reduced-fat sharp cheddar cheese
½ cup (125 mL) shredded Monterey Jack cheese
2 tbsp (30 mL) chopped fresh parsley or cilantro

PREHEAT oven to 375°F.

PLACE pizza crust on a baking sheet; bake at 375°F for 5 minutes or until crisp.

MASH beans with a fork; combine beans and next 5 ingredients (beans through garlic) in medium bowl, stirring to combine. Spread bean mixture over crust, leaving a 1-inch border.

SPOON salsa evenly over bean mixture; top with tomato and spinach. Sprinkle with cheeses.

BAKE at 375°F for 15 minutes or until crust is lightly browned.

GARNISH with parsley

Makes: 4 servings (2 slices per serving)

Nutritional Information (per slice): 279 calories; 11 g fat; 15 g protein; 31 g carbohydrate; 4.3 g fibre; 32 mg cholesterol; 513 mg sodium.

