



Mexican Mini Pizzas



Serving Size: 1 pizza

Yield: Makes 4 servings

Nutrition Information

One serving is 240 calories, 10 g fat, 25 mg cholesterol, 550 mg sodium, 28 g carbohydrates, 4 g fiber, and 11 g protein

Key

c = cup, T = tablespoon, t = teaspoon, lb = pound, oz = ounce, fl oz = fluid ounce, pkg = package

Ingredients

- o ½ pkg Taco seasoning, Get Fresh! recipe
- o ¾ c Refried beans, fat free
- o 4 Tostada shells
- o ½ c Corn, no salt added
- o ¾ c Monterey Jack cheese, shredded
- o ¾ c Romaine lettuce, shredded
- o ½ c Carrots, shredded
- o ½ c Salsa
- o ½ c Sour cream, fat free

Directions

1. PREHEAT oven to 350°F.
2. In a small bowl, MIX taco seasoning and beans together.
3. SPREAD 3 T beans on each tostada. SPRINKLE 2 T corn on each tostada. TOP tostadas with 3 T of cheese.
4. PLACE tostadas on a baking sheet and BAKE until cheese is melted, about 2 minutes.
5. REMOVE tostadas from the oven and PLACE on a plate.
6. TOP each tostada with 3 T lettuce, 2 T carrots, 2 T salsa and 2 T sour cream. SERVE.

Chickasaw Nation Nutrition Services

Get Fresh! is an initiative of the Chickasaw Nation. This material was funded by USDA's Supplemental Nutrition Assistance Program. This institution is an equal opportunity provider and employer. For more information on the Supplemental Nutrition Assistance Program or the FDP Grocery Stores, visit www.GetFreshCooking.com.