

Southwestern Pizza



Prep time: 8 minutes, Cook time: 10 minutes, Makes: 3 servings

Ingredients:

Nonstick cooking spray

1 12-inch 100% whole wheat pizza crust

1 cup prepared tomato salsa

1 1/4 cups shredded reduced-fat 2 percent mozzarella

1 1/3 cups canned black beans, drained and rinsed

1 small sweet red pepper, seeded and thinly sliced (about 2/3 cup)

2 scallions, trimmed and thinly sliced

1/4 cup cilantro leaves for garnish (optional)

Directions: Heat the oven to 450 degrees. Coat a baking sheet with cooking spray. Place crust on sheet and top with salsa, 1 cup mozzarella, beans, sliced red pepper, and scallions. Top with remaining 1/4 cup cheese. Place pizza in oven and bake 8 to 10 minutes or until mozzarella is melted. Remove from oven and garnish with cilantro if desired. Cut into six slices and serve.

Nutrition facts per serving (2 slices): 488 calories, 28g protein, 72g carbohydrate, 12g fat (5.4g saturated), 16g fiber

Pie Pointers: It's easy to turn an otherwise healthy pie into a calorie bomb. Keep things waistline-friendly with these tasty tips from Janel Ovrut, RD, a dietitian in Boston. Add flavor. Spice up a jar of pizza sauce by adding herbs like basil, oregano, and rosemary. Choose the right cheese. Instead of mild mozzarella, try Asiago, Parmesan, or sharp cheddar, which have stronger flavors. Bulk it up. Pile your pizza high with "meaty" vegetables to create a heartier slice. Eggplant, artichokes, and zucchini are packed with fiber.