



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

BLACK BEAN SPINACH PIZZA

Allrecipes.com

Makes 6 servings

Ingredients:

- 1 (10 ounce) package pre-baked Italian bread shell crust
- 1 (15 ounce) can black beans, rinsed, drained, and mashed
- 1/3 cup chopped onion
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon minced garlic
- 1/2 cup of salsa
- 1/2 cup frozen chopped spinach, thawed and squeezed dry
- 2 tablespoons minced fresh cilantro
- 1/2 teaspoon hot pepper sauce
- 1/2 cup shredded Monterey Jack cheese
- 1/2 cup shredded sharp Cheddar cheese

Preparation:

- 1 Place the crust on an ungreased 12-inch pizza pan.
- 2 Combine the beans, onion, chili powder, cumin and garlic; spread over crust.
- 3 Layer crust with salsa, spinach, and cilantro.
- 4 Sprinkle with hot pepper sauce and cheeses.
- 5 Bake at 450 degrees for 8-10 minutes or until golden brown.