



FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.



Tortilla Pizzas*

Recipe Summary:

Preparation Time: 20 minutes
Number of Servings: 6
Cups of Fruits and Vegetables Per Person: 1.00

Ingredients:

- 12 small corn or flour tortillas
- Vegetable Oil or Margarine
- 1 (16oz) can refried beans
- 1/4 cup chopped onion
- 2 ounces fresh or canned green chili peppers, diced
- 6 Tbsp red taco sauce
- 3 cups chopped vegetables, such as broccoli, mushrooms, spinach, and bell peppers
- 1/2 cup (2oz) shredded part-skim mozzarella cheese
- 1/2 cup chopped cilantro (optional)

Directions:

Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza. Brush the outside of the tortillas with a small amount of oil or margarine. Evenly brown both sides in a heated frying pan. Repeat with the rest of the tortillas. Set aside. Heat refried beans, chopped onion, and half of the diced chili peppers together in a medium saucepan, stirring occasionally. Remove from heat. Spread about 1/3 cup of the bean mixture on each tortilla pizza. Sprinkle with 1 tablespoon of taco sauce, then top with 1/2 cup of the chopped vegetables, 1 teaspoon of diced chili peppers, and 1 tablespoon of shredded cheese for each pizza. Return to frying pan and heat until cheese melts. Top with cilantro, if desired. Serve immediately.

Nutrition Facts	
Tortilla Pizzas	
Serving Size 1 pizza	
Amount Per Serving	
Calories 270	Calories from Fat 60
% Daily Value (DV)*	
Total Fat 7g	11%
Saturated Fat 2g	8%
Trans Fat 0g	0%
Cholesterol 5mg	2%
Sodium 370mg	15%
Total Carbohydrate 42g	14%
Dietary Fiber 7g	28%
Sugars 2g	
Protein 9g	
Vitamin A	30%
Vitamin C	30%
Calcium	15%
Iron	15%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

- Fruit: 0
- Vegetables: 1
- Meat: 1
- Milk: 0
- Fat: 1
- Carbs: 2
- Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

* From the government's Fruits and Veggies More Matters campaign Web site (<http://www.fruitsandveggiesmatter.gov/>)