Loaded Mexican Pizza
Pizza! Pizza!, April 13th

Ingredients:
- 1 can (15 oz) black beans, rinsed and drained
- 1 medium red onion, chopped
- 1 small sweet yellow pepper, chopped
- 3 teaspoons chili powder
- ¾ teaspoon ground cumin
- 3 medium tomatoes, chopped
- 1 jalapeno pepper, seeded and finely chopped
- 1 garlic clove, minced
- 1 prebaked 12-inch thin pizza crust
- 2 cups chopped fresh spinach
- 2 tablespoons minced fresh cilantro
- Hot pepper sauce to taste
- ½ cup shredded reduced-fat cheddar cheese
- ½ cup shredded pepper jack cheese

Directions:
1. In a small bowl, mash black beans; stir in the onion, yellow pepper, chili pepper and cumin. In another bowl, combine the tomatoes, jalapeno and garlic.
2. Place the crust on an ungreased 12-in pizza pan; spread with bean mixture. Top with tomato mixture and spinach. Sprinkle with cilantro, hot pepper sauce and cheeses.
3. Bake at 400 degrees for 12-15 minutes or until cheese is melted

Recipe comes from the Comfort Food Cookbook, Diet