

MEXICAN CHICKEN PIZZA

Prep Time: 10 minutes

Cook Time: 15 minutes

Included in Box:

- ½ c. low sodium spaghetti sauce
- ½ c. pinto beans, cooked
- 1 (5 oz) can chicken, drained

Additional Ingredients Needed:

- 1, 10" flour tortilla
- 1 small onion, chopped
- ½ medium green pepper, diced
- ½ c. shredded cheese (preferably reduced fat)
- ¼ tsp chili powder

Directions:

1. Preheat oven to 350 degrees F. Place tortilla flat on baking sheet.
2. Spread spaghetti sauce evenly on tortilla. Add pinto beans, chicken, onion and green pepper to tortilla. Top with shredded cheese and sprinkle with chili powder.
3. Place in oven for 15 minutes, or until tortilla is golden and crisp.

Tip: Top with avocado slices, cilantro and lettuce for extra flavor and nutritional value! Swap canned no salt black beans for pinto beans.



Nutrition Facts*

Total Servings: 2
Serving Size: ½ pizza
Calories: 267
Fat: 6.5 g
Sodium: 382 mg
Carbohydrates: 40 g
Fiber: 9.5 g
Protein: 12 g
Carbohydrate Servings: 2 ½

**Nutrient facts include canned spaghetti sauce with tomato bits (no salt added), boiled pinto beans, canned premium chicken breast in water (drained), Mission Foods 10" flour tortilla (96% fat-free), small white onion, fresh medium green bell pepper, finely shredded four cheese blend, and chili powder.*