

# Mexican Black Bean Veggie Pizza Serves: 4

This recipe calls for planned-over Avocado Cream from the Fish Tacos with Simple Slaw meal (page 103).

To serve with Easy Pineapple Salsa (page 195), make that first, or ask a family member for help.

**Preheat oven to 400 degrees.**

1 Tbsp	<b>olive oil</b>	In a skillet over medium heat, heat the oil and saute the vegetables
1 cup	<b>frozen corn</b> , thawed (or cut fresh from the cob)	and spices about 3 minutes, or until tender.
2	<b>red bell peppers</b> , seeded and chopped	
2	<b>jalapeños</b> , seeded and chopped	
1 small	<b>red onion</b> , chopped	
1 can	(4 oz) <b>black olives</b> , sliced or chopped	
2 tsp	<b>paprika</b>	
2 tsp	<b>ground cumin</b>	
1/4 tsp	<b>ground cayenne red pepper</b>	
12	<b>corn tortillas</b>	Meanwhile, spread tortillas out across two ungreased baking sheets. (If desired, place in oven for 5 minutes to crisp the tortillas a bit before next step.)
1 can	(15 oz) <b>refried black beans</b>	Spread about 3 Tbsp of the refried black beans on each tortilla. (You may want to transfer beans to a bowl, then “fluff” with a fork to achieve an easy spreading consistency, adding a bit of water if needed.) Top the beans with the sauteed vegetables.
1 cup	<b>shredded colby jack cheese</b>	Top each pizza lightly with cheese. Bake for 5-8 minutes or until cheese is melted.
1 cup	<b>Avocado Cream</b> (planned-over from the Fish Tacos with Simple Slaw meal)	Remove tortillas from the oven, top with Avocado Cream and cilantro if desired.
1/2 cup	<b>chopped fresh cilantro</b> , OPTIONAL	Slice or fold and eat as a “taco” pizza if desired, with Easy Pineapple Salsa on the side. Enjoy!

**QUICK TIP 1:** Adding a handful of baby carrots to this meal provides an additional veggie serving and a contrasting crunch.

**QUICK TIP 2:** If you like this Mexican-inspired meatless meal, we think you will love the Roasted Butternut Squash Fajitas at [EatRealAmerica.com](http://EatRealAmerica.com)!

**Nutrition Information for 3 pizzas, each topped with 1 Tbsp Avocado Cream (without optional ingredients):**

Calories: 485 • Fat: 25 g • Sat Fat: 7.4 g • Chol: 26 mg • Fiber: 11 g • Protein: 16 g • Total Carb: 49 g • Sugars: 6 g • Sodium: 795 mg