

mini mexican pizzas

Serves: 3

Prep and Cook time: 25 min

Per serving: 179 calories, 7 g fat, 443 mg sodium

6 small (7-inch) soft corn tortillas

6 TBS frozen yellow corn kernels

Salsa, for serving

1 can (16 oz) refried beans

1 can (4 oz) chopped green chiles, mild or hot

Low fat sour cream, for serving (optional)

6 TBS shredded Cheddar or Mexican-blend cheese

1. Preheat the oven to 450° F.
2. Place the tortillas on an ungreased 17- x 11-inch baking sheet. (The edges may overlap slightly.) Divide the beans evenly over the tortillas and, using a rubber spatula or the back of a spoon, spread them to within ½ inch of the edges.
3. Sprinkle 1 TBS of the cheese and 1 TBS of the corn over each tortilla. Drain the chiles and divide them evenly the tortillas.
4. Bake the tortillas until they are steaming and the cheese has melted, 5-10 minutes. Remove the baking sheet from the oven and, using a wide spatula, transfer each tortilla to a serving plate. Serve at once, topping the tortillas with salsa and sour cream, if desired.

