

Fiesta Pizzas

Ingredients:

- 1 can black beans
- 1 Lime
- 4 whole wheat tortillas
- 1 cup salsa
- 1 cup shredded cheese
- Corn, avocados, green onions or black olives (optional)

Directions: Rinse the beans and place in a mixing bowl. Add the juice from one lime. Using a blender, blend the beans briefly; the mixture should still be lumpy. Spread the bean mix evenly on the 4 tortillas, followed by salsa and shredded cheese. You can enjoy your pizza cold or heat it in the oven or microwave. If you're on the go, roll the tortilla and slice into quarter-sized pinwheels.



Pump it Up: Place a chair behind you. Pretend that you are about to sit down. Just before your seat touches the chair, stand back up. Repeat 10 times.



Food for Thought: Beans are a heart friendly food. They are an excellent source of fiber and protein. Recent Research suggests a diet rich in beans may help prevent disease and promote a long life!

Tasty Thoughts: _____

