

Santa Fe Pizza
(A vegetarian recipe from the American Dietetics Association)

- 1 12-inch pre-baked pizza crust
- 2 tablespoons yellow cornmeal
- 2 meat-free, soy-based burgers
- 1/2 teaspoon cumin
- 1/2 cup taco sauce
- 3 tablespoons fresh cilantro
- 1/2 cup canned black beans, rinsed and drained
- 1/4 cup diced green chili peppers
- 6 ounces shredded Mozzarella cheese

Spray pizza pan with nonstick cooking spray, then dust the pan with cornmeal. Fry soy-based burgers in a nonstick skillet over low heat, chopping the burgers into bits with a spatula. Stir in cumin. Spread taco sauce over pizza crust and sprinkle with warm burger and remaining toppings. Bake at 400 degrees F for 15 minutes or until cheese is bubbly and begins to brown. Cut into 8 slices.

Calories per slice:	300
Protein:	15 grams
Fat:	5 grams
Carbohydrate:	47 grams
Sodium:	590 milligrams
Cholesterol:	12 milligrams