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Healthy Recipes

Makes 6 servings.

1 pizza per serving.

Prep time: 15 minutes

Cook time: 10 to 15 minutes

Nutrition information per serving:

Calories:	235
Carbohydrate:	39 g
Dietary Fiber:	8 g
Protein:	11 g
Total Fat:	5 g
Saturated Fat:	2 g
Trans Fat:	0 g
Cholesterol:	11 mg
Sodium:	402 mg

Tortilla Pizzas

INGREDIENTS

- 12 small corn or flour tortillas
- vegetable oil or margarine
- 1 (16-ounce) can refried beans
- ¼ cup chopped onion
- 2 ounces fresh or canned green chili peppers, diced
- 6 tablespoons red taco sauce
- 3 cups chopped vegetables, such as broccoli, mushrooms, spinach, and bell pepper
- ½ cup (2 ounces) shredded part-skim Mozzarella cheese
- ½ cup chopped fresh cilantro (optional)



PREPARATION

1. Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza.
2. Brush the outside of the tortillas with a small amount of oil or margarine. Evenly brown both sides in a heated frying pan. Repeat with the rest of the tortillas. Set aside.
3. Heat refried beans, onion, and half of the chili peppers together in a medium saucepan over medium heat, stirring occasionally. Remove from heat.
4. Spread about ¼ cup of the bean mixture on each tortilla pizza. Sprinkle with 1 tablespoon of taco sauce, then top with ½ cup of the chopped vegetables, 1 teaspoon chili peppers, and 1 tablespoon of cheese for each pizza.
5. Return to frying pan and heat until cheese melts. Top with cilantro, if desired. Serve immediately.

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Healthy Recipes

Makes 4 servings.

1½ cups per serving.

Prep time: 15 minutes

Cook time: 15 minutes

Nutrition information per serving:

Calories:	387
Carbohydrate:	47 g
Dietary Fiber:	7 g
Protein:	31 g
Total Fat:	9 g
Saturated Fat:	2 g
Trans Fat:	0 g
Cholesterol:	68 mg
Sodium:	496 mg

Mango Chicken Stir-Fry

INGREDIENTS

- nonstick cooking spray
- 1 pound boneless, skinless chicken breasts, cut into bite-size chunks
- ¼ cup pineapple juice
- 3 tablespoons low-sodium soy sauce
- ¼ teaspoon ground ginger
- 1 red bell pepper, cut into bite-size strips
- 2 mangos, pitted and cut into bite-size strips
- ¼ cup toasted, slivered almonds
- ground black pepper to taste
- 2 cups cooked brown rice



PREPARATION

1. Spray a large wok or skillet with nonstick cooking spray.
2. Sauté chicken over medium-high heat until cooked through, about 10 minutes.
3. In a small bowl, stir together pineapple juice, soy sauce, and ginger. Add sauce and bell pepper to the skillet.
4. Cook and stir for about 5 minutes until peppers are crisp-tender.
5. Add the mango and almonds to the wok or skillet and cook until hot. Season with ground black pepper to taste.
6. Serve each cup of stir-fry over ½ cup of brown rice.

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