Black Bean Pizza

From: **Pulse Canada**

Nutrition Facts

per slice

Amount	% Daily Value
Energy 279 kcal	
Fat 11 g	17%
Saturated Fat 6.7 g	34%
Cholesterol 32 mg	11%
Sodium 513 ng	21%
Carbohydrates 31 g	10%
Fibre 4.3 g	17%
Potassium 337 mg	10%
Protein 14.5 g	
Vitamin C	10 mg
Folate	100 mcg
Calcium	293 mg
Iron	2.9 mg

Ingredient List

1	purchased thin pizza crust (12 - 14	**1**
1 1/4 c	cooked black beans	**300 mL**
	Or	
1 - 14 oz	can black beans, rinsed and drained	**398 mL**
1/2 tsp	hot sauce	**2 mL**
2/3 c	chopped onion	**150 mL**
1 tsp	cumin	**5 mL**
1 tsp	chili powder	**5 mL**
1	garlic clove minced	**1**
1/2 c	salsa	**125 mL**
1	tomato, diced	**1**
1/2 - 10 oz pkg	frozen chopped spinach, thawed, drained, and squeezed dry	
2 tbsp	fresh parsley (or cilantro), chopped	**30 mL**
1/2 c	cheddar cheese, shredded	**125 mL**
1/2 c	Monterey Jack cheese, shredded	**125 mL**

Directions

1) Preheat oven to 375°F (190°C)
2) Place pizza crust on a baking sheet; bake at 375°F (190°C) for 5minutes or until crisp.
3) Mash beans with a fork; combine beans and next 5ingredients (beans through garlic) in medium bowl, stirring to combine. Spread bean mixture over crust, leaving a 1-inch border.
4) Spoon salsa evenly over bean mixture; top with tomato and spinach. Sprinkle with cheeses.
5) Bake at375°F (180°C) for 15minutes or until crust is lightly browned. Garnish with parsley.

Serves 8