



## Renee's Mexican Tortilla Pizza

1 Don Poncho's Low Carb Low Fat Wrap (tortilla)  
¼ cup Fat Free Refried Beans  
Shredded low-fat mozzarella and/or cheddar cheese (1/2 cup)  
Low Fat Ground Beef – browned & drained \*\*\* add a little EVOO after draining  
Black Beans – drained and rinsed  
Salsa – sugar free

Spread Fat Free Refried Beans on tortilla. Mix ground beef, black beans and salsa together and spread on top of the refried beans. Sprinkle ½ cup of shredded low-fat mozzarella and/or cheddar on top. Bake at 425 for 10-12 minutes.

Total Servings for one whole pizza:

Grains – 1

Protein – 2

Category 1 Veggies - 1

Legumes – 1