

SMOKY CORN AND BLACK BEAN PIZZA

Yield: 6 servings



TOTAL TIME: 30 minutes

INGREDIENTS

- 1 plum tomato (diced)
- 1 cup canned black beans (rinsed)
- 1 cup fresh corn kernels (about 2 ears)
- 2 Tbsp. cornmeal
- 1 lb. whole-wheat pizza dough
- 1/3 cup barbecue sauce
- 1 cup shredded mozzarella

PREPARATION

1. Preheat grill to medium.
2. Combine tomato, beans and corn in a medium bowl. Sprinkle cornmeal onto a large baking sheet. Stretch the dough into about a 12-inch circle and lay it on top of the cornmeal, coating the entire underside of the dough.
3. Transfer the crust from the baking sheet to the grill. Close the lid and cook until the crust is puffed and lightly browned on the bottom, 4 to 5 min.
4. Using a large spatula, flip the crust. Spread barbecue sauce on it and quickly sprinkle with the tomato mixture and cheese. Close the lid; grill until the cheese is melted and the bottom of the crust is browned, 4 to 5 min.

NUTRITION

Per serving: Calories: 316; Fat: 6 g (3 g Saturated fat); Cholesterol: 13 mg; Carbohydrates: 48 g; Protein: 14 g; Fiber: 4 g; Sodium: 530 mg.

APPROXIMATE PRICE: \$13.29 (\$2.22 PER SERVING)

Price estimated comes from www.wegmans.com and does not include common on-hand ingredients such as salt and pepper. Prices may be varied due to regional area and seasonal produce.

Link: www.eatingwell.com/recipes/smoky_corn_black_bean_pizza.html

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