

Southwestern Pizza Veggie

Ingredients

- 1 cup salsa
- 1 14.5 oz can fat-free refried beans
- 2 tablespoons ground cumin
- 1 small onion, sliced
- 1 sliced bell pepper
- handful fresh cilantro, chopped
- 1 ripe avocado, diced
- 3/4 cup low-fat sour cream
- 2 cups cheddar cheese
- 2 pre-made pizza crusts

Preparation

Preheat oven to 425 degrees, then bake crusts for seven minutes or so. Take crusts out of oven, then top each one with half the beans (this is going to be the "sauce", so spread it out as much as you can), half the salsa, and the cheese, peppers, and onions. Scatter a little cumin on top, then pop it back in the oven for 8 minutes. You'll know it's done when the crust turns golden and the cheese gets is melted. Finally, add some avocado, cilantro, and sour cream. Serve with hot sauce on the side.