



Smoky Corn & Black Bean Pizza



This protein packed grilled pizza will keep you satisfied long after lunch!

Yield: 6 Servings

Ingredients

- 1 plum tomato, diced
- 1 cup canned black beans, rinsed
- 1 cup fresh corn kernels
- 2 tbsp cornmeal
- 1 lb prepared whole-wheat pizza dough
- 1/3 cup BBQ sauce
- 1 cup shredded mozzarella or smoked mozzarella

Nutrition Information

Amount Per Serving

Calories: 316
Calories from Fat: 17%
Fat: 6g
Saturated Fat: 3g
Protein: 14g
Carbohydrate: 48g
Fiber: 4g
Sodium: 530mg
Cholesterol: 13mg

Preparation

1. Preheat grill to medium.
2. In a medium bowl, combine tomato, beans and corn.
3. Sprinkle cornmeal onto a large baking sheet. Stretch the pizza dough into about a 12" circle and lay it on top of the cornmeal, coating the entire underside of the dough.
4. Transfer the crust from the baking sheet to the grill. Close the lid and cook until crust is puffed and lightly browned on the bottom, 4 to 5 minutes.
5. Flip the crust using a large spatula. Spread barbeque sauce on it and quickly sprinkle with tomato mixture and cheese. Close the lid until cheese is melted and bottom of the crust is browned, 4 to 5 minutes.
6. Serve warm.

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Want more recipes or meal planning ideas? Contact Elizabeth at: emadisonrd@gmail.com or call 718-598-0617