



MYPLATE MINI PIZZAS

Makes 12 mini pizzas

Ingredients

- 1 package whole-wheat English muffins (6-count)
- 1-20 oz. can of pineapple tidbits (packed in 100% juice), drained
- 1-15 oz. can tomato sauce
- Small package deli meat (turkey or ham), cut into small squares
- 1-1 1/2 cups Mozzarella cheese, shredded
- 2-3 tomatoes, diced; 1 pint cherry tomatoes, halved; or 1-2 red bell peppers, diced

Instructions

Separate English muffins into halves. Arrange muffins on a toaster oven baking sheet. Spoon 1 Tbsp. of tomato sauce onto each muffin half. Add a couple of pineapple tidbits, a few pieces of deli meat, and a few tomato or bell pepper pieces. Top with 1-2 Tbsp. of mozzarella cheese. Bake in the toaster oven at 350 degrees until cheese melts (about 3-4 minutes).

BLACK BEAN QUESADILLAS WITH PEACH AVOCADO SALSA

 Makes 6 quesadillas

Salsa Ingredients

- 2 fresh peaches, peeled and diced
- 1/2 avocado, peeled and diced
- 1/4 cup jicama, diced
- 1 Tbsp. finely diced red onion
- 1 tomato, diced
- 1/2 Tbsp lime juice
- 1/2 tsp olive oil
- Pinch of salt

Quesadilla Ingredients:

- 2 (15 oz.) cans black beans, low sodium (preferred) rinsed and drained
- 2/3 cup salsa
- 6 flour tortillas, whole-wheat (preferred)
- 3/4 cup, shredded cheddar cheese, low-fat (preferred)

Instructions

To make the salsa, combine all salsa ingredients in a bowl. Cover and chill until ready to serve.

To make the quesadillas, combine beans, drained and rinsed, and salsa in a bowl. Mash with a fork. Spread about 1/2 cup of the bean mixture on one-half of each tortilla. Sprinkle 2 Tbsp of cheese on top of bean mixture. Fold tortilla in half. In a broiler or toaster oven, cook quesadillas 1-2 minutes on each side until cheese is melted and bubbly. Top each quesadilla with salsa.

