

French Bread Pizza with Beans and Chunky Vegetables

Pinto beans add meaty flavor to a French bread pizza with lots of family appeal.

Ingredients:

4 pieces (5-inch-long) French bread
2 cups chunky vegetable spaghetti sauce
1-16 oz can pinto beans, drained and rinsed
½ small red onion, halved, thinly sliced
1/8 tsp garlic powder
¼ tsp pepper
8 oz (2 cups) shredded reduced-fat part-skim mozzarella cheese
½ tsp dried basil

Directions:

1. Heat oven to 425°F. Spray large cookie sheet with nonstick cooking spray.
2. Cut each bread piece in half horizontally. Hollow out center of each with knife to form 3/4-inch-thick shell; discard bread crumbs or save for another use. If necessary, cut thin slice off rounded bottom of each piece so it will sit firmly while baking. Place, hollowed side up, on cookie sheet. Set aside.
3. In large bowl, combine spaghetti sauce, beans, onion, garlic powder, and pepper; mix well. Spoon mixture evenly into shells, spreading almost to edges. Sprinkle each with cheese and basil.
4. Bake at 425°F for 15 minutes or until cheese is melted and filling is hot.

Yield: 8 servings

Nutritional analysis per serving: calories 290, calories from fat 60, total fat 7g, saturated fat 2.5g, cholesterol 10mg, sodium 820mg, total carbohydrate 40g, dietary fiber 4g, sugars 2g, protein 16g, vitamin A 15%, vitamin C 8%, calcium 30%, iron 15%

