

# Blue is Better Recipe (Serves 5) Pita Pizzas

## Ingredients

- 1/2 lb. lean ground beef
- 5-6" whole wheat pita bread
- 16 oz. can fat-free refried beans
- 1 cup chunky salsa
- 1/2 c. shredded reduced-fat Mexican cheese blend
- 5 Tbsp. fat-free sour cream
- 2 green onions, sliced

## Preparation Instructions

1. In a non-stick skillet, cook beef over medium heat until no longer pink; drain. Place pitas on a baking sheet.
2. Spread with refried beans; top with beef, salsa & cheese. Broil 4" from the heat for 3-5 minutes or until cheese is melted.
3. Top with sour cream & onions.



## NUTRITION FACTS

### Serving Size

1 pizza

### Amount Per Serving:

<b>Calories</b> .....	379
Calories from Fat.....	72
<b>Total Fat</b> .....	8 g
Saturated Fat.....	4 g
<b>Cholesterol</b> .....	26 mg
<b>Sodium</b> .....	1022 mg
<b>Carbohydrate</b> .....	52 g
Dietary Fiber.....	7 g
<b>Protein</b> .....	24 g