

Mexicali Pizzas

Serves 12

- 6 whole-wheat English muffins, halved and toasted
- 1 (14 oz.) jar spaghetti or pizza sauce
- 1 teaspoon chili powder
- 1 can (19 oz.) red kidney beans, rinsed and drained
- 1 medium onion, diced
- 1 large green bell pepper, diced
- 2 cups shredded Monterey Jack cheese (about 8 oz.)

1. Preheat oven to 400° F.
2. Arrange muffin halves on ungreased baking sheet.
3. Combine sauce and chili powder in small bowl.
4. Evenly spread sauce mixture over each muffin half.
5. Top with beans, onions, peppers, and cheese.
6. Bake 12 minutes or until cheese is melted.

Nutrition Facts	
Serving Size (141g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 420mg	18%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 10g	
Vitamin A 8%	Vitamin C 20%
Calcium 25%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Mexicali Pizzas

Serves 12

- 6 whole-wheat English muffins, halved and toasted
- 1 (14 oz.) jar spaghetti or pizza sauce
- 1 teaspoon chili powder
- 1 can (19 oz.) red kidney beans, rinsed and drained
- 1 medium onion, diced
- 1 large green bell pepper, diced
- 2 cups shredded Monterey Jack cheese (about 8 oz.)

1. Preheat oven to 400° F.
2. Arrange muffin halves on ungreased baking sheet.
3. Combine sauce and chili powder in small bowl.
4. Evenly spread sauce mixture over each muffin half.
5. Top with beans, onions, peppers, and cheese.
6. Bake 12 minutes or until cheese is melted.

Nutrition Facts	
Serving Size (141g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 420mg	18%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 10g	
Vitamin A 8%	Vitamin C 20%
Calcium 25%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

K-STATE
Research and Extension



Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended, Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, John D. Floros, Director.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income.

It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-STATE
Research and Extension



Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended, Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, John D. Floros, Director.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income.

It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.