



Eagle Pizza

Makes: 6 Tostada Pizzas

A delicious combination of pizza and taco, this recipe is made with whole-grain tostada shells, refried beans, shredded cheese, and a stack of colorful veggies.

Ingredients

1/2 cup fresh spinach, julienne cut "shoestring strips"

1/2 cup fresh romaine lettuce, julienne cut "shoestring strips"

2 1/4 teaspoons salt-free chili-lime seasoning blend*

1 3/4 cups canned low-sodium refried beans, fat-free

3/4 cup fresh onions, peeled, diced

1 1/4 cups canned low-sodium corn, drained, rinsed

6 whole-grain tostada shells

3/8 cup reduced-fat Mexican cheese blend, shredded (1 1/2 oz)

Nutrition Information

Nutrients	Amount
Calories	206
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	7 mg
Sodium	290 mg
Total Carbohydrate	32 g
Dietary Fiber	6 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	9 g
Vitamin D	1 IU
Calcium	173 mg
Iron	2 mg
Potassium	500 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	1/2 cup
 Grains	1/2 ounce
 Protein Foods	1 1/2 ounces

1 cup fresh carrots, peeled, shredded

1/2 cup low-sodium salsa, mild

1/2 cup fat-free sour cream

3/4 cup fresh green pepper, seeded, diced

Directions

1. Preheat oven to 350 °F.
2. Combine spinach and lettuce in bowl and set aside.
3. In a medium mixing bowl, combine salt-free seasoning blend and refried beans. Set aside.
4. In a small skillet, coated with nonstick cooking spray, cook green peppers, onions, and corn for 3-4 minutes. Set aside.
5. For each pizza, place ¼ cup of bean filling on tostada shell. Spread mixture evenly using the back of a spoon. Top with 1/3 cup sautéed vegetable mixture. Lightly sprinkle 1 Tbsp of cheese on top.
6. Place tostadas on a large baking sheet coated with nonstick cooking spray. Bake until cheese is melted, about 2 minutes.
7. Remove tostadas from oven. Top each tostada with:
About 1 Tbsp spinach/lettuce mixture. About 2 ½ Tbsp carrots.
About 1 Tbsp salsa. About 1 Tbsp sour cream
Serve immediately.

*If desired, use 2 ¼ tsp Salt-Free Taco Seasoning Blend in place of salt-free chili-lime seasoning.

Salt-Free Taco Seasoning Blend

1 tsp dried onion
1 tsp chili powder
½ tsp ground cumin
½ tsp crushed red pepper
½ tsp garlic powder
¼ tsp oregano
½ tsp cornstarch

Combine all ingredients. If using immediately do not add cornstarch. Store in an airtight container.

Notes

See how to make this [recipe](#) and more on USDA's [What's Cooking? YouTube](#) site

Our Story

Byars Elementary School is located approximately an hour southeast of Oklahoma City. It is one of the few pre-kindergarten through 8th grade schools in the State. The recipe challenge team decided to name their creation after the school mascot. Members of the community teamed up with the school to pursue the challenge with Eagle Pride! Taste-tested by the student body, Eagle Pizza was a winner.

Eagle Pizza will give kids the power and energy they need for a busy day. This versatile recipe can easily be made with help from the kids. Eagle Pizza is a tasty choice that will make your sense of pride soar like an eagle when they smile over this yummy combination of pizza and taco!

Byars Elementary School

Byars, Oklahoma

School Team Members

School Nutrition Professional: Vickie Spray

Chef: Ruth Burrows, DTR

Community Member: Sandra Walck (past School Board Member)

Students: Gracie S., Braden P., Shawn M., Shawn T., and Travis W.

1 tostada pizza provides:

Legume as Meat Alternate: 1 ¼ oz equivalent meat alternate, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, 1/8 cup other vegetable, and ½ oz equivalent grains.

OR

Legume as Vegetable: ¼ cup legume vegetable, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, 1/8 cup other vegetable, and ½ oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Source: Recipes for Healthy Kids Cookbook for Homes