**Quick Healthy Meal**

**Mexican Pizza**  
**Serves 4**

- 1 small package pizza dough mix  
- 16-oz can low fat refried beans  
- 1/2 cup salsa  
- 1 green pepper, sliced (saute if desired)  
- 1/2 cup whole kernel corn  
- 1 cup shredded cheese

1. Preheat oven to 375°F.  
2. Coat a baking sheet with nonstick cooking spray.  
3. Mix pizza dough according to package directions and spread thinly onto the pan.  
4. Mix beans and salsa; spread onto the dough; top with veggies (green peppers, corn, etc).  
5. Bake for about 15 minutes until dough is done.  
6. Sprinkle cheese on top; return to oven for 5 minutes.  
7. Top with lettuce and tomato before serving.  

*May add other veggies like onion, olives, etc.*

---

**30 minutes before serving:**  
- Wash hands  
- Make pizza dough from mix and add toppings as directed in recipe.

**20 minutes before serving:**  
- Put pizza in oven to bake  
- Set table.

**15 minutes before serving:**  
- Prepare shredded lettuce and diced tomatoes  
- Wash and trim off green tops of strawberries.

**5 minutes before serving:**  
- Pour beverages.

**Mexican Pan Pizza**

**Serves 4**

**Shredded Lettuce**  
**Diced Tomatoes**  
**Fresh Strawberries**