POWER NACHOS

1 tsp olive oil  4 oz multigrain tortilla or corn chips
1 15½ oz can cannellini beans, rinsed and drained 4 oz reduced-fat cheddar cheese, shredded
1 tbsp cilantro leaves (optional) ½ avocado, diced salsa
1 bunch of celery lime juice
¼ red onion, thinly sliced

Preheat oven to 400 degrees. In a medium bowl, mash the olive oil, 1 cup of beans, chopped cilantro, 2 tbsp of lime juice. In another bowl combine the celery, onion, ¾ cup beans, and 1 tbsp of lime juice. Spread chips on a baking sheet, cover with cheese. Bake until cheese melts, about 5 minutes.

Top the hot nachos with the bean mixtures, avocado, and salsa.

WHOLE WHEAT PEPPERONI PIZZA

2 cups thinly sliced cremini mushrooms
2 tbsp parmesan cheese, grated
2 oz sliced turkey pepperoni
2 tsp olive oil
1½ cups shredded part-skim mozzarella cheese
1 jar pizza sauce cooking spray

Position one oven rack in the middle setting. Position another rack in the lowest setting. Place a rimless baking sheet (or a normal sheet upside down) on the bottom rack. Preheat oven to 500 degrees.


Spread pizza sauce evenly over crust, leaving ¼ in border. Top sauce with mushrooms. Sprinkle mozzarella and parmesan cheese over mushrooms. Arrange pepperoni evenly on top of cheese. Bake on the middle rack an additional 10 minutes or until crust is golden brown and cheese melts.