

## Prepare ahead

# Mexican pizza is quick

Are you looking for an easy, yet special party dish or a quick supper for these shorter and colder days? Here's a Mexican pizza you can prepare a few hours ahead or put together and have on the table in less than one hour.

This spicy pizza is made with refried beans, ground beef seasoned with green onions, garlic, green chilies and taco sauce and is topped with shredded cheddar or Monterey Jack cheese. The crust is made easily with flour and yellow cornmeal for that south-of-the-border appeal. Serve with chopped tomatoes, sour cream, guacamole and shredded lettuce.

### MEXICAN PIZZA

**Pizza dough (below)**  
1 lb. ground beef  
3 green onions (with tops), sliced  
1 clove garlic, finely chopped  
¼ tsp. salt  
1 can (15 oz.) refried beans  
1 can (4 oz.) chopped green chilies, drained  
1 jar (9 oz.) taco sauce  
2 cups shredded Monterey Jack and/or cheddar cheese (about 8 oz.)

Prepare pizza dough. Heat oven to 400 degrees. Cook and stir ground beef, onions and garlic in 10-

inch skillet over medium-heat until beef is brown; drain. Sprinkle with salt. Spread refried beans to edge of pizza dough. Layer beef mixture, chilies, taco sauce and cheese on refried beans. Bake until crust is golden brown and cheese is bubbly in center, about 20 minutes. Serve with chopped tomatoes, dairy sour cream, guacamole and shredded lettuce if desired.

Note: Pizza can be prepared ahead; cover and refrigerate no longer than 4 hours. Bake about 30 minutes.

### PIZZA DOUGH

1½ cups flour  
½ cup yellow cornmeal  
3 tsp. baking powder  
1 tsp. salt  
½ cup shortening  
¾ cup milk

Mix flour, cornmeal, baking powder and salt; cut in shortening until mixture resembles fine crumbs. Stir in milk until dough forms. Turn dough onto well-floured cloth-covered board. Shape into ball; knead until dough is smooth, 10-12 times. Roll into 12-inch circle; fold into quarters. Place on ungreased cookie sheet; unfold. Pinch edge of circle, forming 1-inch rim.

## Food and people

# Learning how to eat better

Continued from Page 1B

**MODERATION**  
Moderation insures against overconsumption of any particular food component. For most Americans, particularly those who smoke or have high blood pressure, cutting back on fat, saturated fat and cholesterol intakes is sensible. This can be done in part by choosing lean meats and by substituting lowfat or nonfat dairy products for those rich in fats. Since foods high in fat also tend to be high in calories, cutting back on these foods also helps to control weight.

Moderation of our use of sodium is also important; salt has been linked with high blood pressure, and most of us consume far more than necessary. We should learn to enjoy the unsalted flavors of food and to eat sparingly of highly salted snack foods as well as pickled foods, cured meats and condiments.

More than half of the sodium we eat is "hidden" either as part of a naturally occurring food or more often as a seasoning or preservative that has been added. Reading labels on packaged foods can help us to avoid excessive sodium.

Moderation of alcohol is also wise. Alcoholic beverages are usually high in calories and low in other nutrients. For those who really enjoy alcohol, one or two drinks a day don't appear to cause any major harm in adults, but for most people it is easier to maintain weight and avoid a habit that may lead to excess by making it a more occasional habit.

Finally, it makes sense to moderate sugar use. Many foods that are high in calories are also high in sugar and fat while they are low in protein, vitamins and minerals. We can avoid excessive sugar by using the sugar bowl sparingly and choosing fruits and vegetables processed with little or no sugar. We can also eat less of such high-sugar foods as candy, soft drinks, ice cream, cakes and cookies.

Notice that it is not necessary to deprive ourselves totally of the foods we enjoy. Good food and the American way of life need not be incompatible with good health. All that is necessary is modification of our eating and exercise habits in line with that oldest of American virtues, common sense.

If we can take these steps and keep in touch with our physicians for any additional medical measures that may be called for, there is a good chance for dramatic improvements in our health in the next decade.

The views expressed in *Courses by Newspaper* are those of the authors only and do not necessarily reflect those of the University of California, the National Endowment for the Humanities or the participating newspapers and colleges.



Johanna Dwyer is director of the Frances Stern Nutrition Center in the New England Medical Center Hospital and associate professor in the Department of Medicine and Community

Health in the Tufts University School of Medicine. She has also taught in the Harvard School of Public Health, at Simmons College and at the Massachusetts Institute of Technology. She is the co-author with Jean Mayer of a syndicated newspaper column, "Food for Thought," which appears in more than 100 newspapers across the country. Her other publications include "Food and Nutrition Policy in a Changing World" and "What You Can Do About Weight Control."

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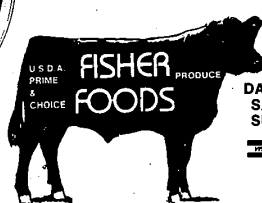
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