



Black Bean and Corn Pitas

A protein-packed mixture of seasoned vegetables, black beans, and cheese.

Makes 4 servings. *½ pita per serving.*

Prep time: 15 minutes

Ingredients

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| 1 (15-ounce) can low-sodium black beans | ⅛ teaspoon cayenne pepper or more to taste |
| 1 cup frozen corn, thawed | 2 teaspoons lemon juice |
| 1 cup fresh or no salt added canned tomatoes | ½ teaspoon chili powder |
| 1 avocado, chopped | 2 medium whole wheat pita pockets |
| 1 clove garlic, finely chopped | ⅓ cup shredded part-skim Mozzarella cheese |
| 1 teaspoon chopped fresh parsley | |

Preparation

1. Drain and rinse beans. In a medium bowl, combine beans, corn, tomatoes, avocado, and garlic. Add parsley, cayenne pepper, lemon juice, and chili powder.
2. Cut pita bread in half to form 4 pockets, and spoon equal amounts of filling into each half. Top with cheese and serve.

Nutrition information per serving: Calories 352, Carbohydrate 54 g, Dietary Fiber 17 g, Protein 16 g, Total Fat 10 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 176 mg