

HIGH FIBER RECIPE: BLACK BEAN AND CORN PITAS

Makes 4 servings. ½ pita per serving. Prep time: 15 minutes

Ingredients

- 1 (15-ounce) can low-sodium black beans
- 1 cup frozen corn, thawed
- 1 cup fresh or no salt added canned tomatoes
- 1 avocado, chopped
- 1 clove garlic, finely chopped
- 1 teaspoon chopped fresh parsley
- 1/8 teaspoon cayenne pepper or more to taste
- 2 teaspoons lemon juice
- ½ teaspoon chili powder
- 2 medium whole wheat pita pockets
- 1/3 cup shredded part-skim Mozzarella cheese

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, Carbohydrates 54 g, **Dietary Fiber 17g**, Protein 16 g. Total Fat 10 g. Saturated Fat 2 g. Trans Fat 0 g. Cholesterol 5 mg. Sodium 176 mg.

Source: Champions for Change, Network for a Healthy California, Everyday Healthy Meals, 11/07



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