



# Black Bean and Corn Pitas

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

**Makes 4 servings.** *1/2 pita per serving.*

**Prep time:** 15 minutes

## Ingredients

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