



# 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