

empañapita



National Heart, Lung,
and Blood Institute

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Ingredients

2 cups canned low-sodium black beans, rinsed

2 cups frozen broccoli, corn, and pepper vegetable mix, thawed

2 cups grilled boneless, skinless chicken breasts, diced (about 4 small breasts)

½ cup shredded low-moisture part-skim mozzarella cheese

1 tablespoon fresh cilantro, rinsed, dried, and chopped (or substitute 1 teaspoon dried coriander)

2 tablespoons scallions (green onions), rinsed and chopped (or substitute red onions)

2 (6½-inch) whole-wheat pitas

1 cup Tangy Salsa (See separate recipe card for details.)

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1. Preheat oven to 400°F.
2. Combine beans, vegetables, chicken, cheese, and seasonings. Mix well.
3. Cut pitas in half, and open the pockets. Divide filling evenly between the four halves (about 1½ cup each).
4. Place pitas on a nonstick baking sheet, and bake for about 10 minutes until the filling is hot, cheese melts, and chicken is reheated.
5. Serve each empañapita with ¼ cup of Tangy Salsa.

Yield 4 servings, **Serving Size** 1 stuffed pita half, ¼ cup Tangy Salsa, **Calories** 373, **Total Fat** 4 g, **Saturated Fat** 1 g, **Cholesterol** 34 mg, **Sodium** 374 mg, **Total Fiber** 14 g, **Protein** 27 g, **Carbohydrates** 60 g, **Potassium** 741 mg