empañapita

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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)
- 1/2 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 (6 1/2-inch) whole-wheat pitas
- 1 cup Tangy Salsa (See separate recipe card for details.)

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1. Preheat oven to 400ºF.
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 1 1/2 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 1/4 cup of Tangy Salsa.

Yield 4 servings, Serving Size 1 stuffed pita half, 1/4 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