empañapita

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.)

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 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

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