

NUTRITION PER SERVING:

CALORIES 373
PROTEIN 27 G
CARBOHYDRATE 60 G
TOTAL FAT 4 G

PREP TIME: 10 MINUTES (20 minutes w. homemade salsa)

COOK TIME: 10 MINUTES

YIELD: 4 SERVINGS
SERVING SIZE: 1 STUFFED PITA HALF

1/4 C TANGY SALSA

FOR PITAS:

2 (6½-INCH) WHOLE-WHEAT PITAS 1 C TANGY SALSA (SEE RECIPE)

FOR FILLING:

2 C CANNED LOW-SODIUM BLACK

 ${\sf BEANS}, \, {\sf RINSED}$

2 C FROZEN BROCCOLI, CORN, AND PEPPER VEGETABLE MIX, THAWED

(LEFTOVER FRIENDLY)

2 C GRILLED BONELESS, SKINLESS
CHICKEN BREAST, DICED

(ABOUT 4 SMALL BREASTS)

½ C SHREDDED LOW-MOISTURE

PART-SKIM MOZZARELLA CHEESE

1 TBSP FRESH CILANTRO, RINSED, DRIED,

AND CHOPPED (OR SUBSTITUTE

1 TSP DRIED CORIANDER)

2 TBSP SCALLIONS (GREEN ONIONS),

RINSED AND CHOPPED

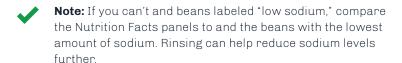
(OR SUBSTITUTE RED ONIONS)



EMPAÑAPITA

SIMILAR TO A SPANISH EMPAÑADA, THIS EMPAÑA"PITA" USES PITA BREAD FOR THE SHELL

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



Children can help stuff ingredients into the pita pockets.

