Michele Sodon

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 ¼ 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 BEANS, 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)

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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.

03 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.

✔ **Note:** If you can't and beans labeled "low sodium," compare the Nutrition Facts panels to and the beans with the lowest amount of sodium. Rinsing can help reduce sodium levels further.

Children can help stuff ingredients into the pita pockets.