Black Bean & Guacamole Pita

Going on a picnic or need a quick lunch? This Mexican-inspired pita pocket can be put together in just minutes and makes a great hand-held lunch! Be sure to rinse canned beans before using to reduce sodium by 40%!

**Ingredients:**
- 2 wheat pita pockets, cut in half
- 1 cup canned black beans, rinsed
- ½ cup shredded Mexican cheese
- ½ cup guacamole, store-bought or homemade
- 1 cup tomato, diced
- Fresh cilantro, if desired

**Directions:**
1. Starting with the black beans and cheese, divide ingredients among the four pita pocket halves.
2. Place pitas in microwave for 20 seconds to heat the beans and to melt the cheese.
3. Add guacamole and diced tomato to each pita pocket (use caution: the pitas will be hot from microwave).
4. Garnish pita with fresh cilantro.

**Tip:** Make several ahead of time for meals on-the-go. Just wrap pitas in aluminum foil to keep fresh.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serves 4</th>
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<tbody>
<tr>
<td>Serving: ½ pita pocket</td>
<td>Calories: 244</td>
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<tr>
<td>Fat: 10 grams</td>
<td>Saturated fat: 5.5 grams</td>
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<tr>
<td>Sodium: 685 mg</td>
<td>Carbohydrates: 31 grams</td>
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<tr>
<td>Fiber: 6 grams</td>
<td>Protein: 11.5 grams</td>
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