

# FIESTA BEAN DIP WITH HERBED WHOLE WHEAT PITAS

*Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 12 (Serving= 1/4 cup salsa and 4 pita chips)*

## Nutrition (per serving)

Calories: 206

Total Carbohydrate: 32 g

Total Fat: 3 g

Dietary Fiber: 6 g

Sodium: 477 mg

Protein: 10 g



## Ingredients

### *Bean Dip*

- 1 (15 ounce) can black beans
- 1 (15 ounce) can cannellini beans
- ½ cup corn
- 1 (4 ounce) can green chiles, diced
- ¾ cup salsa

### *Herbed Whole Wheat Pita Chips*

- 10 whole wheat pita bread pockets
- Cooking Spray
- ½ teaspoon ground black pepper

- 6 cherry tomatoes, chopped
- 2 teaspoon garlic, minced
- Cooking Spray
- 1 cup part-skim mozzarella cheese, shredded
- Avocado (optional)
- ½ teaspoon dried basil
- 1 teaspoon garlic powder
- 1 teaspoon dried parsley



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- Salt (optional)

## Directions

### Bean Dip

1. Preheat oven to 350°F.
2. Rinse and drain beans and corn, and squeeze liquid out of tomatoes before chopping.
3. Mix beans, corn, green chiles, salsa, tomatoes and garlic in a large bowl.
4. Spray a 9 x 7" baking dish with cooking spray before spooning in the bean mixture.
5. Sprinkle cheese on top and bake for 20 minutes or until the cheese is melted.
6. Serve with diced avocado and herbed whole wheat pita chips.

### Pita Chips

1. Preheat oven to 400°F.
2. Cut each pita bread into four triangles
3. Lightly spray cookie sheet with cooking spray, and place triangles on cookie sheet.
4. Lightly spray triangles with cooking spray and sprinkle with pepper, basil, garlic powder and parsley.
5. Bake about 7 minutes, or until lightly browned and crispy.