



TEX MEX PITA PIZZA

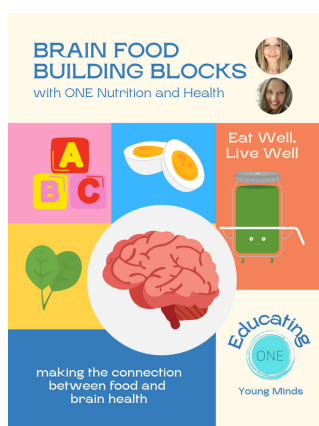
INGREDIENTS

- 1 cup chopped onion –
- 1 cup chopped bell pepper, any color
- 2 cloves garlic, minced
- ½ teaspoon ground cumin
- 1 15-ounce can black beans, rinsed and drained
- 1 cup fresh or frozen corn kernels
- 6 6- to 7-inch whole wheat pita rounds
- 1 cup chopped avocado
- 1 cup oil-free salsa
- 2 tablespoons snipped fresh cilantro

(Makes 4 pita pizza)

DIRECTIONS

1. Preheat oven to 350°F. Line two baking sheets with parchment paper.
2. In a large saucepan, bring ¼ cup of water to a boil. Add the onion, sweet pepper, garlic, and cumin; cook over medium-low heat for 10 minutes or until the onion is tender, stirring occasionally and adding additional water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Stir in the beans and corn. Cook for 5 minutes more or until flavors are blended and beans and corn are heated through, stirring occasionally.
3. Meanwhile, place the pita rounds on the prepared baking sheets. Bake for 10 to 15 minutes or until lightly toasted.
4. Mash the avocado. Spread pita rounds with avocado and bean mixture. Top with salsa and sprinkle with cilantro.



Recipe by Forks Over Knives