

Ingredients:

Greek Style Bean Pitas

As one of the highest-fibre, lowest-fat foods available, white pea beans, also known as navy beans, play a key role in good health. The combination of beans and grains in this recipe turns them into a complete protein, resulting in an ideal alternative to meat. They provide an excellent source of folate, and a good source of vitamin C, iron, and magnesium.

Prep: 20 minutes • Total: 25 minutes

375 mL

375 mL

250 mL

125 mL

Cooked white pea beans 1½ cups Diced cucumber 1 ½ cups Diced seeded tomatoes 1 cup Diced sweet green pepper ½ cup

Cooked corn kernels ½ cup 125 mL Crumbled feta cheese (reduced fat) 125 mL ½ cup Diced red onion 75 mL 1/3 cup Chopped, pitted black olives ¼ cup 50 mL Red wine vinegar 2 tbsp 30 mL 5 mL Dried oregano 1 tsp Salt and pepper to taste As desired As desired

Whole wheat pitas (5 inch size) 6 6 750 mL Spinach leaves 3 cups Tzatziki sauce (optional) As desired As desired

Directions:

- 1. Combine all ingredients except pitas, spinach and tzatziki in a bowl (may be made several hours in advance).
- 2. Place spinach leaves on top of flat pita. Spoon filling in the middle.
- 3. Roll up sides of pita with bottom of pita smaller than the top. For easy handling wrap bottom of pita with wax paper.
- 4. Serve with tzatziki sauce on the side if desired.

Nutrition Facts

Serving Size (231g) Servings Per Container

Amount Per Serving	g	
Calories 300	Calories	from Fat 50
		% Daily Value*
Total Fat 6g		9%
Saturated Fat 1.5g		8%
Trans Fat 0g		
Cholesterol 5mg		2%
Sodium 270mg		11%
Total Carbohydrate 49g		16%
Dietary Fiber	· 9g	36%
Sugars 3g		
Protein 13a		

Vitamin A 6%	•	Vitamin C 30%

Calcium 15% Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per grai	m:		

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: The Supreme Bean

Makes 6 servings • 1 serving = 1 pita

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