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HEALTHY RECIPES

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Recipe: Bean Salad Pockets

Servings: 4

Preparation Time: 5 min.

Cooking Time: 0 min.

Ingredients:

- 1 Lbs. canned black beans, rinsed and drained
- 2 Tbs. chopped pimento
- 2 Tbs. parsley
- 4 tsp. olive oil
- 2 Tbs. lemon juice
- 4-1/2 tsp. water
- 1/4 tsp. dry mustard
- 1 clove garlic, minced
- 1/4 tsp. salt (optional), or to taste
- 4 whole wheat pita, warm and cut in half

This Recipe is considered:

Low Cholesterol

Cooking Directions:

Combine beans, pimento and parsley in a salad bowl. Combine remaining ingredients, except pitas, in a jar with a tight-fitting lid. Add pepper to taste. Shake vigorously. Pour dressing over beans. **Set aside** 30 minutes. Divide equally and stuff into pita breads.

Per Serving: calories 319, fat 6.9g, calories from fat 19%, protein 13.4g, cholesterol 0.0mg, dietary fiber 12.8g

Nutrients		Exchanges	
Calories	319	Milk Exchanges	0.0
Protein	13.4g	Vegetable Exchanges	0.1
Carbohydrates	55.4g	Fruit Exchanges	0.0
Dietary Fiber	12.8g	Bread Exchanges	3.4
Sugar	5.4g	Other Carbohydrates/Sugar Exchanges	0.0
Fat Total	6.9g	Lean Meat Exchanges	0.0
Saturated Fat	1.8g	Very Lean Meat/Protein Exchanges	0.0
Mono-unsaturated Fat	3.8g	Fat Exchanges	0.9
Poly-unsaturated Fat	1.3g		
% Calories from Fat	19%		
Cholesterol	0.0mg		
Sodium	451.7mg		
Vitamins		Minerals	
Vitamin A	26.3IU	Calcium	54.9mg
Thiamin (B1)	0.4mg	Copper	0.5mg
Riboflavin (B2)	0.7mg	Iron	4.3mg
Niacin (B3)	2.6mg	Magnesium	85.9mg
Vitamin B6	0.9mg	Manganese	1.5mg
Vitamin B12	0.0mcg	Phosphorus	241.6mg
Vitamin C	14.4mg	Potassium	490.9mg
Vitamin E	2.3IU	Selenium	28.4mcg
Folate	95.6mcg	Sodium	451.7mg
Pantothenic Acid	0.6mg	Zinc	1.7mg