

Pita Tacos

INGREDIENTS

1 medium tomato, red

1 stalk green onion

1 medium avocado

1 cup corn, canned

1 cup black beans, canned

¼ tsp black pepper, ground

4 large pita, whole wheat

2 cups shredded lettuce

1. Chop tomato, green onion and avocado. Drain corn; drain and rinse beans.
2. Mix tomato, green onion, avocado, corn, beans, and black pepper in medium bowl.
3. For lunch to go, divide the tomato mixture and into 4 portions and pack in resealable containers; do the same with the lettuce. For 1 lunch, portion out: 1 container of tomato mixture, 1 container of lettuce and 1 pita. (Have your child assemble the taco at lunchtime.)

Yields: 4 lunches

Source: Courtesy of Super Healthy Kids