

PITA TACOS

Preparation: **10** minutes | Cooking: **15** minutes | Servings: **6**

INGREDIENTS

6 whole wheat pita pocketed halves
2 green onions, chopped
1 pound lean ground beef
1 small sweet red pepper, chopped
1 can kidney beans, rinsed and drained
3/4 cup corn
2/3 cup taco sauce
6 tablespoons shredded cheddar cheese
1/2 teaspoon garlic salt

1/4 teaspoon onion powder
1/4 teaspoon dried oregano
1/4 teaspoon paprika
1/4 teaspoon pepper



INSTRUCTIONS

In a large skillet, cook beef, red pepper and onions over medium heat until meat is no longer pink and then drain. Stir in beans, corn, taco sauce and seasonings and heat. (Note: Add olives to bean mixture if desired.) Spoon 3/4 cup mixture into each pita half. Top with cheese, avocado and additional taco sauce if desired.