



Colorful Veggie Pockets

Servings: 4

Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

Ingredients:

- 1 cup small broccoli or cauliflower florets
- 2 carrots, cut into ¼-inch slices
- 1 green, red or yellow bell pepper, cut into ¼-inch strips
- 4 whole-wheat pita pockets
- ½ cup fat-free dressing

Directions:

1. Wash hands and surfaces.
2. Cut each pita in half and add broccoli or cauliflower, carrots and pepper. Top each pita with 2 tablespoons of dressing.
3. Refrigerate leftovers immediately.



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Nutrition Facts

Amount Per Serving

Calories 210

Calories from Fat 20

% Daily Value*

Total Fat 2g

3%

Saturated Fat 0g

0%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 690mg

29%

Total Carbohydrate 43g

14%

Dietary Fiber 7g

28%

Sugars 5g

Protein 8g

Vitamin A 110%

Vitamin C 80%

Calcium 4%

Iron 15%

Tips:

- Add leftover vegetables — different colors add variety.
- Use fresh, local veggies. Go online to find a farmers market at:
agebb.missouri.edu/fmktdir/index.htm
or other Missouri local foods at:
foodcircles.missouri.edu/sources.htm
- ☺ Cut carrots in pieces ½ inch or smaller for children under 4 years to prevent choking.

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For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp/