

Veggie Pillows

This stuffing is green and orange! Yikes!

2 servings

Ingredients:

- 1 celery stalk
- 1 carrot, peeled
- 1/2 green pepper
- 2 tablespoons ranch-style salad dressing
- 1 slice pita bread

Directions:

1. Wash vegetables and chop into small pieces.
2. Combine vegetables in a small bowl and add dressing.
3. Cut pita bread into two half-moon shapes and open pita pocket. Stuff veggies into each pocket.

Nutrition Facts: One 1 pita bread provides 160 calories, 4.5g total fat, 5mg cholesterol, 310mg sodium, 26g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice

Veggie Pillow
Crunchy Grapes
Cheese Stick
Low Fat Milk

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