

Veggie Pillows

This stuffing is green and orange! Yikes!

Level: Easy

Serves: 2

Kids' Tool Kit

Knife
Peeler
Cutting board
Measuring spoons
Small bowl
Spoon

Ingredients:

- 1 celery stalk
- 1 carrot, peeled
- ½ green pepper
- 2 tablespoons ranch-style salad dressing
- 1 slice pita bread



Directions:

Remember to wash your hands!

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.

Chef's Choice

Veggie Pillow
Crunchy grapes
Cheese stick
Low fat milk



Helpful Hints: For variety, try adding other chopped vegetables—broccoli, cauliflower or onion—to the sandwich filling. If you're serving these at lunchtime, stuff some chopped ham or turkey in with the vegetables for an even more nutritious meal.



Safety Tip: Use knives carefully. Adult supervision is a must when chopping vegetables with a sharp knife. Younger kids can help by peeling carrots and washing vegetables.

Nutrition Facts

Serving Size 1 pita bread (142g)
Servings Per Container 2

Amount Per Serving
Calories 160 Calories from Fat 40

% Daily Value*

Total Fat 4.5g 7%

Saturated Fat 1g 4%

Cholesterol 5mg 1%

Sodium 310mg 13%

Total Carbohydrate 26g 9%

Dietary Fiber 3g 11%

Sugars 4g

Protein 4g

Vitamin A 210% • Vitamin C 70%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.