



VEGGIE PITA TREAT

PREP TIME: 10 minutes

SERVING SIZE: ½ stuffed pita

COOK TIME: 0 minutes

SERVES: 1

INGREDIENTS

- 1 whole wheat pita pocket, halve
- ¼ cup cucumber, peeled and very finely sliced
- ¼ cup cherry tomatoes, chopped in half
- ¼ cup carrots, shredded
- 2 tablespoons fat-free ranch salad dressing
- ¼ cup romaine lettuce, chopped



PREPARATION

1. Open pita pockets slightly.
2. Place the cucumber, tomato and carrots inside of pita pocket.
3. Drizzle salad dressing on top of vegetables.
4. Top with chopped lettuce and enjoy!

SOURCE

fruitsandveggiesmorematters.org.

Recipe modified by CHOICES Nutrition Program

Need meal ideas? Visit our recipe database!

www.centraltexasfoodbank.org/recipes

Nutrition Facts

1 servings per container
Serving size 1/2 stuffed pita
(174g)

Amount per serving
Calories 140

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 1.5g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 440mg | 19% |
| Total Carbohydrate 31g | 11% |
| Dietary Fiber 2g | 7% |
| Total Sugars 5g | |
| Includes 0g Added Sugars | 0% |
| Protein 4g | |
| Vitamin D 0mcg | 0% |
| Calcium 40mg | 4% |
| Iron 2mg | 10% |
| Potassium 350mg | 8% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This institution is an equal opportunity provider. Rev 9/17
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PITA DE VEGETALES

TIEMPO DE PREPARACIÓN: 10 minutos

TAMAÑO DE PORCIÓN: ½ pita rellena

TIEMPO PARA COCINAR: 0 minutos

PORCIONES: 1

INGREDIENTES

- 1 pan de pita de grano integral
- ¼ taza de pepino, pelado y rebanado en pedazos pequeños
- ¼ taza de tomates cereza, rebanados a la mitad
- ¼ taza de zanahorias, rallada
- 2 cucharadas de aderezo ranch sin grasa
- ¼ taza de lechuga romana picada



PREPARACIÓN

1. Abra el pan de pita un poco.
2. Coloque los pepinos, tomates, y zanahoria adentro.
3. Agregue el aderezo encima.
4. ¡Agregue la lechuga picada y disfrute!

FUENTE

fruitsandveggiesmorematters.org.

Receta modificada por CHOICES Programa Educativo de Nutrición

¿Necesita ideas para platillos? ¡Visite nuestro catálogo de recetas!

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