



## December 24- Veggie Stuffed Pita

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/veggie-stuffed-pita>

### Recipe

*Ingredients:*

- 2 zucchini (medium, 2 ½ cups chopped)
- 4 carrot (medium, 1 ¼ cups grated)
- 2 cup broccoli (chopped)
- 12 ounces cheddar cheese, low-fat
- ½ teaspoon oregano
- ¼ teaspoon black pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- 2 tablespoons vegetable oil
- 12 mini pitas (6 inch)

*Directions:*

1. Wash vegetables. Remove the broccoli flowers from stems, cut the flowers into small florets and put into mixing bowl. Peel carrots and cut off the ends. Grate carrots and put into mixing bowl.
2. Slice the zucchini into thin slices. Cut each slice into quarters and put into bowl.
3. Grate the cheese and put into a separate bowl. Measure oregano, pepper, garlic powder, onion powder and mix together.
4. Heat oil in a skillet. Put the spices in the heated oil and then add the mixture of vegetables to the pan. Stir vegetables with a wooden spoon and sauté about 5 minutes. When the vegetables are slightly tender, remove from heat.
5. Spoon vegetable mixture into the pita. Top the hot vegetables with 1 ounce grated cheese.

Yield 12 servings

Nutrition Facts	
Serving Size 1 pita (162.97g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories</b> 300	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 3.5g	<b>18%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 40g	<b>13%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 3g	
<b>Protein</b> 15g	<b>30%</b>
Vitamin A 70%	Vitamin C 35%
Calcium 25%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet.	