

## Rainbow Veggie Pocket

Carrots, tomatoes, red peppers  
Broccoli, green peppers, cucumbers, frozen  
peas, spinach  
Cauliflower, yellow peppers, cooked corn,  
garbanzo beans  
Small Pita bread or small flour tortilla  
Fat-free Ranch dressing



1. Wash and dry vegetables.
2. Cut into bite-size pieces and place in individual bowls.
3. Cut Pita bread in half and stuff with at least three different-colored vegetables or place veggies on one-half of tortilla and fold over.
4. Top with Ranch dressing.

Children can dice veggies with plastic knives on a paper plate or cutting board, or if time is short, have individual bowls with diced vegetable ready-to-serve.

**Nutrition Facts:**  $\frac{1}{2}$  veggie pocket provides 60 calories, .5g total fat, 0mg cholesterol, 90mg sodium, 12g total carbohydrate

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