



Colorful Veggie Pockets

Servings: 4

Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

- 1 cup small broccoli or cauliflower florets
- 2 carrots, cut into ¼-inch slices
- 1 green, red or yellow bell pepper, cut into ¼-inch strips
- 4 whole-wheat pita pockets
- ½ cup Italian dressing

1. Wash hands and surfaces.
2. Cut each pita in half and add broccoli or cauliflower, carrots and pepper. Top each pita with 2 tablespoons of dressing.
3. Refrigerate leftovers immediately.



Nutrition Facts

4 servings per container

Serving size 1 pita pocket
(177g)

Amount per serving

Calories 270

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 660mg 29%

Total Carbohydrate 45g 16%

Dietary Fiber 2g 7%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 8g

Vitamin D 0mcg 0%

Calcium 36mg 2%

Iron 2mg 10%

Potassium 369mg 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.

Helpful Tips

- Add leftover vegetables — different colors add variety.
- Use fresh, local veggies. Go online to find a farmers market at: seasonalandsimple.info or other Missouri local foods at: showmefood.org
- Cut carrots in pieces ½ inch or smaller for children under 4 years to prevent choking.

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For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to mydss.mo.gov/food-assistance