

DIY Veggie Pita Pockets

Ingredients

YIELDS: 5 servings

PREP TIME: 30-40 minutes

- 1 large carrot
- 1 cucumber
- 2 large tomatoes
- 1 head of broccoli
- 2/3 cup (150 mL) cheddar cheese
- 1 recipe of Gotta have it Guac
- 1 recipe of Bean Dippin' Dip
- 5 whole-wheat pitas, cut in half



EQUIPMENT: 2 cheese graters / 3 cutting boards / 4 knives / 5 mixing bowls (small) / set of dry measuring cups / 4 large plates for serving / small plates for sampling / 5 spoons / vegetable peeler

Directions

- 1) Thoroughly wash all vegetables under cool running tap water.
- 2) Peel the carrot and shred using a grater.
- 3) Slice the cucumber and tomatoes into small uniform slices.
- 4) Cut the broccoli florets into small pieces.
- 5) Shred the cheese using a grater.
- 6) Place each prepared vegetable and the shredded cheese into separate bowls.
- 7) Make the Gotta have it Guac (recipe below).
- 8) Make the Bean Dippin' dip (recipe below).
- 9) Arrange the ingredients buffet-style, starting with the plates and pitas.
- 10) Students can build their own pita pockets selecting the ingredients that they want to use.

Chef's Tip



Change up the vegetables depending on what you have available and what is in season. You can also change up the spreads (e.g. use hummus). Switch it up!

Let's Get Cookin'!

