



# DIY Veggie Pita Pockets

YIELDS: 5 servings

PREP TIME: 30 to 40 minutes

## Ingredients

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

**\*\*THIS RECIPE REQUIRES 2 ADDITIONAL RECIPES (included in Session 4: Dinner Delights).**

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 produce under cool running tap water.
2. Peel the carrot.
3. Slice the cucumber and tomatoes.
4. Shred the carrots using a grater.
5. Cut the broccoli florets into small pieces.
6. Place each prepared vegetable into separate bowls.
7. Shred the cheese using a grater.



Figure 1: DIY Veggie Pita Pockets

*Let's Get Cookin'!*

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8. Make the Gotta have it Guac (recipe included).
9. Make the Bean Dippin' dip (recipe included).
10. Arrange the ingredients buffet-style, starting with the plates and pitas.
11. 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).

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