



Veggie Pita Pizzas

YIELDS: 5 servings

PREP TIME: 15 minutes

Ingredients

- 1 cucumber
- 2 tomatoes, large
- 1 head of broccoli
- 1 carrot
- 150 mL ($\frac{2}{3}$ cup) cheddar cheese
- 150 mL ($\frac{2}{3}$ cup) roasted red pepper hummus
- 5 whole-wheat pita breads



Figure 1. Veggie Pita Pizza

EQUIPMENT: colander | 4 cutting boards | 4 knives | grater | vegetable peeler | measuring cups | spatula | pizza cutter | small plates for sampling

Directions

1. Peel carrot.
2. Thoroughly wash all vegetables under cool tap water.
3. Cut cucumber and tomatoes into very thin uniform slices.
4. Shred carrot.
5. Chop broccoli into fine pieces.
6. Shred cheese using grater.
7. Spread hummus on top of pita.
8. Cover with shredded cheese using grater and top with vegetables.
9. Cut into wedges and enjoy.

CHEF'S TIP: Cream cheese or any type of hummus could be substituted to make this delicious recipe.