



4-H HEALTHY HABITS VEGGIE PICK POCKETS

Ingredients:

- 4" whole wheat mini pita pockets (Recipe can fill 12)
- lettuce (handful)
- 1 cucumber, diced
- 3 carrots, slivered or grated
- ¼ cup low-fat creamy salad dressing/hummus



Directions:

1. Cut each pita in half.
2. Peel and dice cucumber and other veggies
3. Grate carrots or cut into slivers.
4. Put ½ teaspoon salad dressing in each half pocket
5. Add veggies and serve.

4-H Healthy Habits uses Learn, Grow, Eat & Go!, a research based curriculum of the Junior Master Gardener program.

This recipe is from the Choices 4 Health: Food, Fun, Fitness Curriculum from Cornell University.