

# Veggie Pillows

This stuffing is green and orange! Yikes!

 Level: Easy

Serves: 2

## Kids' Tool Kit

Knife  
Peeler  
Cutting board  
Measuring spoons  
Small bowl  
Spoon

## Ingredients:

1 celery stalk  
1 carrot, peeled  
½ green pepper  
2 tablespoons ranch-style salad dressing  
1 slice pita bread



## Directions:

**Remember to wash your hands!**

1. Wash vegetables and chop into small pieces.
2. Combine vegetables in a small bowl and add dressing.
3. Cut pita bread into two half-moon shapes and open pita pocket. Stuff veggies into each pocket.

## Chef's Choice

Veggie Pillow  
Crunchy grapes  
Cheese stick  
Low fat milk



**Helpful Hints:** For variety, try adding other chopped vegetables—broccoli, cauliflower or onion—to the sandwich filling. If you're serving these at lunchtime, stuff some chopped ham or turkey in with the vegetables for an even more nutritious meal.



**Safety Tip:** Use knives carefully. Adult supervision is a must when chopping vegetables with a sharp knife. Younger kids can help by peeling carrots and washing vegetables.

## Nutrition Facts

Serving Size 1 pita bread (142g)  
Servings Per Container 2

Amount Per Serving

Calories 160    Calories from Fat 40

% Daily Value\*

Total Fat 4.5g    7%

Saturated Fat 1g    4%

Cholesterol 5mg    1%

Sodium 310mg    13%

Total Carbohydrate 26g    9%

Dietary Fiber 3g    11%

Sugars 4g

Protein 4g

Vitamin A 210%    •    Vitamin C 70%

Calcium 4%    •    Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000    2,500

Total Fat    Less than 65g    80g

Saturated Fat    Less than 20g    25g

Cholesterol    Less than 300mg    300mg

Sodium    Less than 2,400mg    2,400mg

Total Carbohydrate    300g    375g

Dietary Fiber    25g    30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).