

Pita Pockets

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 6

Serving Size: ½ pita pocket with 4 ounces fresh vegetables

| Ingredients | Quantity | Measure |
|----------------------------------|----------|----------|
| Pita pockets, cut in half | 3 | each |
| Green cabbage, thinly sliced | 1 | cups |
| Red cabbage, thinly sliced | 1 | cups |
| Green bell pepper, thinly sliced | ½ | cups |
| Red bell pepper, thinly sliced | ½ | cups |
| Carrots, peeled and grated | 1 | cup |
| Red onions, thinly sliced | ½ | cup |
| Balsamic vinegar | ¼ | cup |
| Salt | ½ | teaspoon |
| Pepper | ½ | teaspoon |

Preparation

1. Toss all vegetables in balsamic vinegar.
2. Stuff in half piece of pita pocket.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 147 Total Fat: 1g Saturated Fat: 0 Carbohydrate: 31g Protein: 5g Sodium: 562g
Vitamin A: 247µg Vitamin C: 111mg Calcium: 101mg Iron: 2mg Folic Acid: 101µg

