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Crunchy Summer-time Veggie Pocket

Summer vegetables are here! Enjoy them while they are locally grown, taste their best and the price is right! Vegetables are a powerhouse of good taste and nutrition.

Healthy snacks help kids meet energy and nutrient needs to grow, think and move! This snack has food from 3 food groups--Grains, Vegetables and Dairy!

Ingredients:

Portions: 2

- 1 medium whole wheat pita pocket
- ½ cup of thinly sliced or chopped green pepper
- ½ cup of thinly sliced or chopped red pepper
- ¼ cup of prepared salsa
- 1 oz of low fat cheddar cheese, cut in half

Directions:

- Cut pita pocket in half (making 2 half pockets)
- Place ½ slice of cheese inside each half pita pocket
- Stuff each half pocket with half of the green and red pepper
- Spoon in 2 tablespoons of salsa into each pocket half.
- Melt in microwave for 15-20 seconds (if desired)

Food Groups	Amount Per Portion
Grains (whole grain)	1 ounce(s)
Vegetables (pepper, zucchini, salsa)	½ cup(s)
Dairy (cheese)	¼ cup(s)
Limits	Amount Per Portion
Total Calories	113 Calories
Added Sugars	0 Calories
Saturated Fat	7 Calories
Nutrients	Amount Per Portion
Protein	7 g
Carbohydrate	19 g
Dietary Fiber	4 g
Total Fat	4 g
Minerals	Amount Per Portion
Calcium	78 mg
Potassium	283 mg
Iron	1 mg
Vitamins	Amount Per Portion
Vitamin A	81 µg RAE
Vitamin C	78 mg

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