

# KIDS in the Kitchen

**TUSCARAWAS COUNTY**

## Veggie Pita

### Ingredients

- 2 pitas, sliced in half
- 1 carrot, sliced as desired (diced, coin cut, julienned, thin sliced)
- 1 bell pepper, diced
- 1 cup broccoli florets
- 1 tomato, diced
- Ranch, humus, or cream cheese, as desired
- ½ cup shredded cheese

### Supplies

- Cutting board
- Sharp knife
- Spatula for spreading

### Instructions

Prepare vegetables as instructed.

Open pitas like a pocket.

Lightly coat the inside with ranch, humus, cream cheese or other dressing as desired.

Add carrots, bell pepper, broccoli, and tomato.

Top with 1 tablespoon shredded cheese.

Repeat with remaining pitas.

Enjoy!

For more information about this program, contact Chris Kendle  
([kendle.4@osu.edu](mailto:kendle.4@osu.edu), 330-339-2337)

**THE OHIO STATE UNIVERSITY**COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES**tuscarawas.osu.edu**

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit [caesdiversity.osu.edu](http://caesdiversity.osu.edu).