

Veggies



Magic Monster Pocket

Just like Fairy Godmother used to make!



Ingredients:

- 1 pita pocket
- 1 small tomato
- 1 lettuce leaf
- 1/2 cup shredded carrots
- 1 15 oz can black beans
- 2 tsp low fat Ranch dressing

Nutrition:

- Recipe makes 2 servings
- Each serving counts as 1.5 vegetables

Safety:

Watch for sharp edges on can opener and can's lid. Keep fingers curled under while using knife.

Directions:

1. Cut the pita pocket in half and place on serving plate.
2. Wash tomato and cut into bite sized pieces.
3. Wash lettuce and tear into small pieces.
4. Add half of tomatoes and lettuce to each pita pocket half.
5. Measure and add carrots.
6. Rinse black beans in colander.
7. Measure 1/2 cup black beans and add to each pita half.
8. Top each with 1 teaspoon Ranch dressing.
9. Close each pocket and enjoy!

from the kitchen of
Playnormous



Recipe approved by the Children's Nutrition Research Center at Baylor College of Medicine