

## Playnormous Healthy Recipes

# Magic Monster Pocket

### Ingredients:

- 1 Pita pocket
- 1 small tomato
- 1 lettuce leaf
- ½ cup shredded carrots
- 1 15 oz. can of black beans
- 2 tsp. low fat Ranch dressing

### Directions:

1. Cut the pita pocket in half and place on the serving plate.
2. Wash the tomato and cut the tomato into bite-size pieces.
3. Wash lettuce and tear leaves into bite-size pieces.
4. Add ½ of the tomato and ½ of the lettuce to each pita pocket half.
5. Measure and add half of the carrots to each pita pocket half.
6. Rinse the black beans in the colander with cold, running water.
7. Measure ½ cup of black beans and add to each pita half.
8. Add 1 teaspoon of Ranch to each pita half.

### Nutrition:

- This recipe makes 2 servings.
- Each serving counts as 1.5 vegetables.

### Safety:

- Watch out for the sharp edge on the can opener and the can's lid.
- Keep your fingers curled under while using the knife to avoid cutting your fingers

### Substitutions:

- Add other vegetables such as onion, bell pepper, or corn.
- Try with kidney beans in place of black beans.

Source: Children's Nutrition Research Center at Baylor College of Medicine

