Veggie Pick-Pockets
Makes 12 servings (2 half mini pitas per person)

Ingredients:
- 12 whole wheat mini pita pockets (4”)
- 1 cucumber
- 3 carrots
- ¼ cup low fat creamy salad dressing

Instructions:
1. Cut each mini pita in half.
2. Peel and dice cucumbers.
3. Grate carrots or cut into slivers.
4. Put ½ teaspoon salad dressing in each half pocket.
5. Add veggies and serve.
6. Enjoy!

Yield: About 12 servings (2 half mini pitas per person)

Variation: Offer several choices of vegetables and let children choose and fill their own. Or mix salad dressing with prepared vegetables and then add to pita halves.

Source: Linda Earley, Cornell Cooperative Extension of Columbia County