

# Veggie Stuffed Pita

**Makes:** 12 servings

## Ingredients

- 2** zucchini (medium, 2 1/2 cups chopped)
- 4** carrot (medium, 1 1/4 cups grated)
- 2 cups** broccoli (chopped)
- 12 ounces** cheddar cheese, low-fat
- 1/2 teaspoon** oregano
- 1/4 teaspoon** black pepper
- 1/4 teaspoon** garlic powder
- 1/4 teaspoon** onion powder
- 2 tablespoons** vegetable oil
- 12** mini pitas (6 inch)

## Directions

1. Wash vegetables.
2. Remove the broccoli flowers from stems, cut the flowers into small florets and put into mixing bowl.
3. Peel carrots and cut off the ends. Grate carrots and put into mixing bowl.
4. Slice the zucchini into thin slices. Cut each slice into quarters and put into bowl.
5. Grate the cheese and put into a separate bowl.

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>250</b>
<b>Total Fat</b>	<b>5 g</b>
Saturated Fat	2 g
Cholesterol	5 mg
<b>Sodium</b>	<b>510 mg</b>
<b>Total Carbohydrate</b>	<b>37 g</b>
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>13 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

6. Measure oregano, pepper, garlic powder, onion powder and mix together.

7. Heat oil in a skillet. Put the spices in the heated oil and then add the mixture of vegetables to the pan. Stir vegetables with a wooden spoon and saute about 5 minutes. When the vegetables are slightly tender, remove from heat.

8. Spoon vegetable mixture into the pita. Top the hot vegetables with 1 ounce grated cheese.

## Notes

Substitute green pepper, mushrooms or onions in place of listed vegetables.

**Source:** University of Illinois, Extension Service, Wellness Ways Resource Book