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Grilled Veggie Pita

Note: Grill extra veggies at dinnertime so you'll have some on hand for sandwiches and salads. They will keep refrigerated in a tightly sealed container for up to a week. Get an adult's help with the part of this recipe that requires a food processor.

Prep time: 5 minutes

What you need:

- ½ cup low-fat cream cheese or any other low-fat spreadable cheese
- 1 teaspoon chives, chopped
- 1 teaspoon parsley
- 3-4 cups leftover grilled veggies (we like carrots, eggplant, and zucchini)
- 4 whole-wheat pitas

Equipment and supplies

- Food processor
- Butter knife (for spreading)

What to do:

1. With an adult's help, place cream cheese and herbs into a food processor.
2. Pulse until herbs are evenly distributed throughout cheese.
3. Spread 1-2 tablespoons of herbed cream cheese onto the inside of each pita.
4. Stuff each pita evenly with grilled veggies.

How much does this recipe make?

- Serves 4



Nutrition Facts

Serving size: 1/2 pita

Amount Per Serving

Calories 260 Calories from Fat 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 3.5g **18%**

Cholesterol 15mg **6%**

Sodium 440mg **18%**

Total Carbohydrate 43g **14%**

Dietary Fiber 7g **27%**

Sugars 7g

Protein 11g

Vitamin A 160% • Vitamin C 10%

Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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