

Pita Pocket

WITH RAW VEGETABLES



THE HUMANE SOCIETY
OF THE UNITED STATES

YIELD: 6 Servings

Ingredients	Qty	Measure
Pita pockets (cut in half)	3	each
Green cabbage (thinly sliced)	2	cups
Red cabbage (thinly sliced)	2	cups
Green bell pepper (thinly sliced)	1	cups
Red bell pepper (thinly sliced)	1	cups
Carrots (peeled and grated)	2	cups
Red onion (thinly sliced)	1	cup
Balsamic vinegar	½	cup
Salt	1	Tsp.
Pepper	1	Tsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Toss all vegetables in balsamic vinegar
2. Stuff in half piece of pita pocket

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Using ½ pita pocket add 4 oz. of fresh vegetables, serve with 2 oz. pasta salad

Nutrition Information *From USDA Nutrient Database

Calories: 147 Total Fat: 1g Saturated Fat: 0 Carbohydrate: 31g Protein: 5g Sodium: 562g

Vitamin A: 247µg Vitamin C: 111mg Calcium: 101mg Iron: 2mg Folic Acid: 101µg