



**PITA POCKETS WITH SHREDDED CARROT, RED CABBAGE,  
CUCUMBER, PEANUT SAUCE AND SPICY CILANTRO CHUTNEY**

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SOURCE: CHILDREN OF MINE PROGRAM

Ingredients:

- 2 carrots, peeled and grated
- ½ head red cabbage, thinly sliced
- ½ head savoy cabbage, thinly sliced
- 1 cucumber, peeled and sliced
- Pita bread

Directions:

- 1) Slice the pita breads in half.
- 2) Put a couple of spoonfuls of shredded carrot, a big pinch of cabbage, and a slice or two of cucumbers inside.
- 3) Top with Peanut Sauce and/or Spicy Cilantro Chutney.

**Materials: 2 carrots, 1 small red cabbage, 1 small savoy cabbage, 1 cucumber, pita bread, carrot peeler, cheese grater, knife, cutting board, serving spoons**