

# Veggie Pita Pizzas

## Ingredients

YIELDS: 5 servings    PREP TIME: 15 minutes

- 1 cucumber
- 2 tomatoes, large
- 1 head of broccoli
- 1 carrot
- 2/3 cup (150ml) cheddar cheese
- 2/3 cup (450ml) roasted red pepper hummus
- 5 whole-wheat pita breads



EQUIPMENT: colander / 4 cutting boards / 4 knives / grater / vegetable peeler / measuring cups / spatula / pizza cutter / small plates for sampling

## Directions

- 1) Peel carrot.
- 2) Thoroughly wash all vegetables under cool tap water.
- 3) Cut cucumber and tomatoes into very thin uniform slices.
- 4) Shred carrot.
- 5) Chop broccoli into fine pieces.
- 6) Shred cheese using grater.
- 7) Spread hummus on top of pita.
- 8) Cover with shredded cheese using grater and top with vegetables.
- 9) Cut into wedges and enjoy.

### *Chef's Tip*



*Cream cheese or any type of hummus could be substituted to make this delicious recipe.*

*Let's Get Cookin'!*

