



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:

- 1/2 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