

# SUMMERTIME

veggie pita melt

## Ingredients

1/4 lb broccoli  
1/4 lb green cabbage  
1 small onion  
1 tomato  
3 button mushrooms  
1/2 cup shredded cheddar  
cheese  
pita bread

feeds: 2  
*takes: 10 minutes*

## Directions

> Boil broccoli and cabbage in a pot of water until tender. Drain and put into a bowl. Add the mushrooms.

- > Cut a pita bread in half and open it like a pocket. Stuff the veggies inside.
- > Chop the onion and tomato, then add to the pita pocket with the shredded cheddar cheese.
- > Microwave for 30-40 seconds (or warm in a pan on the stove) until the cheese melts and the veggies are warm.

