



Recipe of the Month – June 2014

Tzatziki with Pita Chips

Serves 8 (makes 2 ½ cups)

Serving Size: ¼ cup Tzatziki with 6 chips

Ingredients for dip

- 1 unpeeled **cucumber**, washed and sliced lengthwise
- 1 tsp **garlic**, peeled and minced (about 1 to 2 cloves)
- 2 containers plain Greek **yogurt** (about 6 ounces each)
- 1 tsp dried **dill** and/or fresh **mint**
- ¼ tsp salt
- 1 Tbsp **olive oil**

Ingredients for pita chips

- 6 **whole wheat pita pockets** (6")
- cooking spray**
- ½ tsp spice – your choice of rosemary, basil, garlic powder, cumin or cayenne powder

Directions for dip

1. Use a spoon to scrape out cucumber seeds
2. Dice cucumber into small pieces or shred using a grater
3. Spread cucumber on paper towels
4. Roll towels and squeeze to remove excess liquid
5. Transfer dried cucumber to a large bowl
6. Add remaining ingredients and mix
7. Cover and refrigerate until served

*Best when made a day ahead before serving

Directions for pita chips

1. Preheat oven to 400°F
2. Cut pita pockets into 8 wedges
3. Spray lightly with oil
4. Sprinkle with seasoning
5. Toast chips 4 to 5 minutes
6. Turn chips, toast 1 to 2 more minutes



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NUTRITION FACTS PER SERVING: 130 calories, 7 g total fat (3.5 g sat. fat), 5 mg cholesterol, 200 mg sodium, 14 g carbohydrates, 2 g fiber, 2 g sugars, 5 g protein