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”)
½ tsp 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 400ºF
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

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

Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2014 Nutrition & Fitness Calendar