

TZATZIKI WITH PITA CHIPS

Serves 8 (1/4 cup servings)

INGREDIENTS

Tzatziki (make a day before serving):

- 1 unpeeled cucumber, washed and sliced lengthwise
- 1 teaspoon garlic, peeled and minced (about 1-2 cloves)
- 2 containers (6 ounces each) plain Greek yogurt
- 1 teaspoon dried dill and/or fresh mint
- 1/4 teaspoon salt
- 1 tablespoon olive oil



Pita Chips:

- 6 whole wheat pita pockets (6")
- Cooking spray
- 1/2 teaspoon spice (choose one or combine dried rosemary, basil, garlic powder, cumin, cayenne pepper)

INSTRUCTIONS

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

Pita Chips:

1. Preheat oven to 400°F.
2. Cut pita in 8 wedges, spray with oil, and sprinkle with seasoning.
3. Toast chips 4-5 minutes, then turn and toast 1-2 minutes more. (Watch carefully at the end because they can quickly turn brown.)

Recipe provided by Iowa State University Extension & Outreach

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