**Tzatziki and Pita Chips**

**Tzatziki Directions**
Use a spoon to scrape out seeds from cucumber. Dice the cucumber into small pieces or shred using a grater. Spread the cucumber on paper towels on top of a clean dish towel. Roll up the towels and squeeze to remove excess liquid. Transfer dry cucumber to a large bowl. Add the remaining ingredients and mix. Cover and refrigerate until served.

**Pita Chips Directions**

*Servings: 8*

**Tzatziki Ingredients**
- 1 cucumber (cut in half lengthwise)
- 1 tsp minced garlic
- 12 oz plain Greek yogurt
- 1 tsp dried dill
- ¼ tsp salt
- 1 tbsp olive oil

**Pita Chips Ingredients**
- 6 whole wheat pita bread pockets
- Olive oil
- Dried basil, parsley, garlic powder

**Nutrition information per serving:**
Calories 190, Total Fat 7g, Sodium 300mg, Carbohydrates 29g, Protein 8g.

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