



Eat Well

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

Preheat oven to 350 degrees F. Split pitas in half. Brush halves with olive oil. Sprinkle with spices, brush again to help the spices stick. Cut each half into 4 pieces. Bake 10-16 minutes. Cook and store in an airtight container. Keeps for 1-2 weeks.

Servings: 8

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

Find more Altru dietitian approved recipes at altru.org/enrich

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

