



February 24- Tzatziki and Pita Chips

Smart Snack

Link: <http://www.extension.iastate.edu/foodsavings/recipes/tzatziki-pita-chips>

Recipe

Ingredients:

- 1 cucumber
- 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
- ¼ teaspoon salt
- 1 Tablespoon olive oil

Directions:

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

Yields 8 servings

Nutrition Facts	
Serving Size 1/4 cup (82.5g)	
Servings Per Container 8	
Amount Per Serving	
Calories 60	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1.5g	7%
<i>Trans Fat</i> 0g	
Cholesterol 10mg	3%
Sodium 95mg	4%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	1%
Sugars 2g	
Protein 4g	8%
Vitamin A 2%	Vitamin C 2%
Calcium 6%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	