



# Try it “Tuesdays”



## Tzatziki with Pita Chips

Makes: 8 servings— 2 1/2 cups  
1/4 cup Tzatziki with 6 chips

### Ingredients (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

### Ingredients for 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)

### Directions

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

### Directions for Pita Chips

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

### Nutrition Facts

Serving Size 1/4 cup Tzatziki with 6 chips  
Servings Per Container 8

Amount Per Serving	
<b>Calories</b> 130	<b>Calories from Fat</b> 60
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
<b>Saturated Fat</b> 3.5g	<b>18%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 200mg	<b>8%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
<b>Dietary Fiber</b> 2g	<b>8%</b>
<b>Sugars</b> 2g	
<b>Protein</b> 5g	
Vitamin A 0%	Vitamin C 2%
Calcium 4%	Iron 4%



For more information, Contact your local EFNEP office