

CREAMY GREEK ARTICHOKE DIP WITH PITA CHIPS

Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 12 (Serving= 4 pita chips and 1/4 cup of dip)

Nutrition (per serving)

Calories: 131

Total Fat: 7 g

Saturated Fat: 2 g

Sodium: 358 mg

Total Carbohydrate: 11 g

Dietary Fiber: 2 g

Protein: 5 g



Ingredients

Dip Ingredients:

- 1 cup diced cucumber
- 1 cup plain, low fat Greek yogurt
- 1 cup light mayonnaise
- ½ cup crumbled feta cheese
- 1 teaspoon minced garlic
- 3 Tablespoons diced red onion
- ¼ cup chopped kalamata olives

Pita Chip Ingredients:

- 8 whole wheat pita bread halves

- ½ cup chopped artichoke hearts
- ½ teaspoon dried oregano
- ½ teaspoon dried thyme
- ½ teaspoon dried basil
- ½ teaspoon dried marjoram
- ¼ teaspoon ground black pepper
- ½ cup chopped cherry tomatoes

- Cooking spray



OSF[®]
HEALTHCARE

- ¼ teaspoon salt
- Dried herbs and spices of your choice

Directions

1. Preheat oven to 375 °F.
2. Cut pita bread into triangles and split into 2 pieces.
3. Place triangles on large baking sheet and spray with cooking spray. Sprinkle with dried herbs, spices and salt. Bake triangles for 5-10 minutes or until crisp.
4. In a medium bowl, combine all dip ingredients except tomatoes and mix well.
5. Top with chopped tomatoes.
6. Can be served immediately or placed in the refrigerator overnight.