

Mediterranean Nachos

Prep Time: 10 mins

Cook Time: 8 mins

Yields: 4 servings

Ingredients

- 3 whole wheat pitas, cut into triangles
- Olive oil
- 1 medium cucumber, diced
- 2 medium tomatoes, diced
- 1/2 red onion, diced
- 1 tablespoon fresh lemon juice
- 1/4 cup hummus
- 1/4 cup tzatziki (recipe on back)
- 1-2 tablespoon Kalamata olives, chopped
- fresh dill, chopped (for garnish)

Method

1. Preheat oven to 400 degrees
2. Lay cut pita triangles on sheet pan in a single layer
3. Drizzle lightly with olive oil and bake for 6-8 minutes, until crispy
4. Layer baked pita chips on platter
5. Top with hummus, tzatziki, cucumber, tomato, and onion
6. Top with fresh squeezed lemon juice
7. Sprinkle chopped olives and dill over the top
8. Serve and enjoy!

Tzatziki Sauce Recipe

Tzatziki sauce is a refreshing cold sauce made from yogurt and cucumbers. This tzatziki sauce recipe lets you toss everything in the blender, for a creamy low carb dressing perfect for drizzling on grilled meat and salads, or dipping fresh veggies. Makes 3 cups.

Calories: 29 kcal

Ingredients

- 1/2 English cucumber seeded and chopped
- 2 cups Greek yogurt
- 1/2 cup chopped fresh dill
- 2 tablespoons lemon juice
- 2 teaspoons minced garlic
- 1 teaspoon salt
- 1/8 teaspoon pepper

Instructions

Place all ingredients in a blender and slowly increase speed to blend until smooth. Pour into a jar and keep covered in the fridge for up to two weeks.