

Cucumber Dip with Pita Chips

Just Say Yes to Fruits and
Vegetables

Swap chips and salsa out for this nutritious treat at your next dinner party!



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Serves 4 ▪ Serving: 1 cup

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Use whole grain pita bread to get your serving of whole grains in!

Ingredients:

- 2 chopped cucumbers
- 1 peeled and chopped carrot
- 2 minced garlic cloves
- 1 cup plain, low fat yogurt
- Salt and pepper, to taste
- 2 pita breads
- 2 teaspoons vegetable oil

Directions:

1. Preheat oven to 400°F.
2. In a small bowl, stir together cucumbers, carrot, garlic, yogurt, salt, and pepper. Chill until ready to serve.
3. Cut each pita bread into 8 wedges and place on baking sheet.
4. Brush pita bread with oil.
5. Bake for 10 minutes or until crispy and lightly browned. Cool.
6. Serve pita chips with the dip.