



Greek Nachos

8 Servings • 1 Serving = 8 chips with 2 Tablespoons Yogurt

Tips on Dill



How To Store

Spray stems with water, wrap in paper towels & place in a plastic bag in the fridge.



How To Use

Use it to punch up a creamy spread or to make a salad dressing.



Health Benefits

Promotes healthy liver function & strong bones.

INGREDIENTS

- 4 ounces whole wheat pita chips
- 1 cup cucumber, chopped
- ½ cup black olives
- ½ cup red bell pepper, chopped
- ½ cup nonfat plain Greek yogurt
- 2 Tablespoons fresh dill
- ½ Tablespoon garlic powder
- 1 teaspoon oregano
- Juice of 1 lemon
- ¼ cup feta cheese, crumbled

DIRECTIONS

- On a large plate or tray, arrange pita chips. Top evenly with cucumber, olives, and bell pepper.
- In a bowl, combine yogurt, dill, garlic powder, oregano, and lemon juice. Mix well.
- Drizzle Greek yogurt mixture on top.
- Sprinkle feta cheese evenly over nachos.

Nutrition Facts

8 servings per container
Serving size 8 chips and 2 Tbs yogurt

Amount per serving
Calories 100

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 4g | 5% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 5mg | 2% |
| Sodium 200mg | 9% |
| Total Carbohydrate 12g | 4% |
| Dietary Fiber 1g | 4% |
| Total Sugars 1g | |
| Includes 0g Added Sugars | 0% |
| Protein 4g | |
| Vitamin D 0mcg | 0% |
| Calcium 41mg | 4% |
| Iron 1mg | 6% |
| Potassium 75mg | 2% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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