

CUCUMBER DIP WITH PITA CHIPS

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



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Just Say Yes

To Fruits & Vegetables

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FIDELIS CARE®

CUCUMBER DIP WITH PITA CHIPS

SERVES 4 • SERVING: 1 CUP

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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.

For more great recipes visit www.foodbankst.org/jsy

Recipe provided in partnership by the Food Bank's Just Say Yes to Fruits & Vegetables Program as funded through the USDA's Supplemental Nutrition Assistance Program – SNAP.