



Greek Nachos

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

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 or dried dill
- ½ Tablespoon garlic powder
- 1 teaspoon oregano
- Juice of 1 lemon
- ¼ cup feta cheese, crumbled

DIRECTIONS

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

Nutrition Facts

8 servings per container
Serving size 8 chips with 2 T. yogurt

Amount per serving
Calories 100

% Daily Value*

Total Fat 4g 8%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 290mg 13%

Total Carbohydrate 12g 4%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 65mg 6%

Iron 1mg 6%

Potassium 105mg 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.

Recipe developed by the San Antonio Food Bank



chefs.org

@CHEFSanAntonio



© Culinary Health Education for Families