



Go Greek Pita Chip Nachos



1/4th of recipe (5 nachos): 159 calories, 5.5g total fat (2.5g sat. fat), 527mg sodium, 18g carbs, 3.5g fiber, 2.5g sugars, 12g protein

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Prep: 15 minutes **Cook:** 10 minutes



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Ingredients

2 whole-wheat pitas
1/2 cup fat-free plain Greek yogurt
1/4 cup crumbled reduced-fat feta cheese
2 tbsp. chopped fresh dill
1/2 tsp. chopped garlic
1/8 tsp. each salt and black pepper
1/2 cup shredded part-skim mozzarella cheese
1/2 cup seeded and chopped tomato
1/4 cup sliced Kalamata olives

Directions

Preheat oven to 425 degrees. Spray a large baking sheet with nonstick spray.

Cut pitas into halves (pockets), and cut each half into 5 triangles, for a total of 20 triangles. Place on the baking sheet in an even layer.

Bake until crispy, 4 - 6 minutes.

Meanwhile, in a small bowl, combine yogurt, 1 tbsp. feta, dill, garlic, salt, and pepper. Mix well.

Remove sheet from oven, but leave oven on.

Rearrange triangles on the center of the sheet so that they touch and slightly overlap. Top with mozzarella and remaining 3 tbsp. feta.

Bake until mozzarella has melted, 1 - 2 minutes.

Dollop yogurt mixture over nachos. Top with tomatoes and olives.

MAKES 4 SERVINGS

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