



Crispy Lavash Chips with 2-Ingredient Dip



1/4th of recipe (6 chips with about 1/4 cup dip): 59 calories, 0.5g total fat (0g sat fat), 249mg sodium, 10.5g carbs, 2g fiber, 3g sugars, 4g protein

Green Plan [SmartPoints](#)® value 1*

Blue Plan (Freestyle™) [SmartPoints](#)® value 1*

Purple Plan [SmartPoints](#)® value 1*

Prep: 5 minutes **Cook:** 5 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

1 large piece lavash bread with about 150 calories (or 1 1/2 light tortillas/flatbreads with about 100 calories each)
2/3 cup salsa
1/3 cup fat-free plain Greek yogurt (like Fage Total 0%)

Directions

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

Cut lavash/flatbread into 24 squares, each about 2" X 2".

Evenly place squares on the baking sheet. Bake until crispy, 2 - 4 minutes.

In a medium bowl, thoroughly mix salsa with yogurt.

MAKES 4 SERVINGS

HG FYI: A previous version of this recipe may have called for slightly different ingredients, but we've given it an upgrade! Nutritional info may vary accordingly.

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.