

Pita Crisps and Greek-Style Dips

Ingredients

For the chips

- 1 package pita bread or flat bread
- 2 tablespoons dried oregano, ground
- 1-2 teaspoons kosher salt
- $\frac{1}{4}$ cup canola or olive oil

For the Greek Veggie Dip

Makes 3 cups

- 2 Roma tomatoes, diced very small
- 1 yellow bell pepper, diced very small
- $\frac{1}{4}$ cup red onion, chopped fine
- $\frac{1}{2}$ English cucumber, seeded, diced small
- Handful fresh parsley, finely chopped
- 1 tablespoon fresh oregano leaves, minced
- 1 $\frac{1}{2}$ teaspoons Kosher salt
- $\frac{1}{2}$ teaspoon freshly ground pepper
- 2 tablespoons fresh lemon juice
- 1 tablespoon extra virgin olive oil

For the Zucchini Tzatziki

Makes 3 cups

- $\frac{1}{2}$ zucchini, shredded
- 2 cloves garlic, minced
- 2 cups Greek non-fat plain yogurt (or lebni)
- 2 tablespoons fresh lemon juice
- 2 tablespoon extra virgin olive oil
- 1 $\frac{1}{2}$ teaspoons kosher salt
- $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{4}$ cup fresh dill, finely chopped



Steps

1. Preheat oven to 350°F. Brush one side of each flat bread or pita loaf with oil. Sprinkle oregano and salt over each loaf and cut into eighths. Spread out pieces onto baking sheet pans (single layer only) and bake until brown around the edges (around 15-20 minutes). Let cool before serving.
2. For the veggie dip, combine all ingredients in a medium-size bowl. Taste for seasonings. Transfer to a serving bowl if desired. Can be used with the pita crisps or to top a gyro sandwich.
3. For the tzatziki, place the shredded zucchini into a clean dish towel or paper towel and squeeze liquid out. Add the zucchini to a medium-size bowl with the remaining ingredients. Mix well and taste for seasonings adjusting to your liking. Refrigerate if not using immediately. Delicious with chips or with grilled lemon chicken and rice!