

## Tzatziki and Pita Chips

**Serves:** 4

**Prep time:** 15 minutes

**Cook time:** 15 minutes



½ serve per portion

### Ingredients

1 large wholemeal pita bread

Olive oil spray

Paprika, to taste

Oregano, to taste

½ cucumber, grated

1 cup natural yoghurt, reduced fat

1 teaspoon olive oil

1 tablespoon lemon juice

1 garlic clove, crushed or finely grated

### Method

PREHEAT oven to 180°C and line a baking tray with baking paper.

SPRAY the pita bread with olive oil cooking spray and sprinkle with paprika and oregano. RUB

RUB the seasonings into the pita bread then cut into triangles.

ARRANGE the triangles on a baking tray and bake for 10-15 minutes or until golden and crispy.

Set aside to cool.

SQUEEZE liquid from grated cucumber using hands then add cucumber to a small bowl.

ADD yoghurt, olive oil, lemon juice and garlic to the cucumber and mix well.

SERVE dip with cooled pita chips.



Everyday Food

*Recipe courtesy of the Country Kitchens team*