

Enjoy *EATING RIGHT™* Whole Grain Pita with spinach dip.

Ingredients:

1 pkg (10 oz/300 g)	frozen chopped spinach, thawed and drained
½ cup (125 ml)	chopped water chestnuts
¼ cup (50 ml)	finely chopped onion
¼ cup (50 ml)	chopped red bell pepper
1	large clove garlic, mashed
1 cup (250 ml)	lower-fat cottage cheese
1 cup (250 ml)	lower-fat plain yogurt
2 tsp (10 ml)	dried basil
¼ tsp (1 ml)	dry mustard
¼ tsp (1 ml)	garlic powder

Per Serving (1/4 cup (50 ml))

Calories: 80

Dietary Fiber: 1 gram

Fat: 1 gram

Carbohydrate: 15 grams

Protein: 5 grams

Freshly ground black pepper to taste

Directions:

1. In a large bowl, combine spinach, water chestnuts, onion, red pepper and garlic. Stir in cottage cheese, yogurt and seasonings. Chill for several hours.

Pita Crisps

Directions:

1. Cut each of six 5-inch pita breads into 12 triangles. Spray triangles lightly with non-aerosol olive oil spray pump or brush lightly with 1 to 2 tsp (5 to 10 ml) olive oil. Bake at 350° F (180° C) for 10 to 15 minutes or until crisp and golden. Cool and store in airtight container.

Makes 72 pita crisps.



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