Gazpacho Dip with Garlic Pita Chips

Prep: 15 minutes | Cook: 10 minutes | Chill: 2 hours | Total: 2 hours 25 minutes

Yield: 4 servings | Serving Size: ½ cup dip with 6 pita chips

Ingredients

2 whole-wheat pita rounds with pockets

Cooking spray

Pinch garlic powder

Pinch salt

2 Roma tomatoes, finely chopped (about ¾ cup)

2 stalks celery, finely chopped (about ½ cup)

½ cucumber, peeled and finely chopped (about ½ cup)

½ bell pepper, finely chopped (about ½ cup)

½ small onion, finely chopped (about ¼ cup)

2 cloves garlic, minced (about 1 teaspoon)

2 tablespoons red wine vinegar

¼ teaspoon ground black pepper

¼ cup chopped fresh herbs (e.g. basil, parsley)

Directions

1. Preheat the oven to 350°F.
2. Cut each pita round into 6 wedges.
3. Separate each wedge horizontally into 2 pieces.
4. Arrange the pita wedges in a single layer on a baking sheet.
5. Lightly coat the pita wedges with nonstick spray and sprinkle with garlic powder and salt.
6. Bake until the wedges curl at the edges and begin to brown, about 6-8 minutes. Remove from the oven and set aside to cool.
7. In a medium mixing bowl, combine the tomato, celery, cucumber, bell pepper, onion, garlic, red wine vinegar, black pepper, and fresh herbs. Stir to combine.
8. Cover the bowl with plastic wrap and refrigerate for at least 2 hours.
9. Serve the dip cold with the pita chips.

Recipe Notes

- Pita chips can be stored in an airtight container at room temperature for up to 5 days. The dip can be stored in the refrigerator for up to 7 days.

Nutrition Facts Per Serving: Calories: 140 | Total Fat: 1 g | Saturated Fat: 0 g
Sodium: 205 mg | Total Carbohydrate: 28 g | Dietary Fiber: 4 g | Protein: 6 g

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