



Cool Middle Eastern Yogurt Dip

Servings: 12

1/4 teaspoon cardamom, seeds from 4-5 whole pods	3/4 cup Greek Style lowfat plain yogurt
1/2 teaspoon black peppercorns	2 medium garlic cloves, chopped
1 cup fresh cilantro leaves, loosely packed	4 pita breads, whole-wheat, split and cut into small wedges
3/4 cup Greek Style nonfat plain yogurt	2 tablespoons grated Parmesan cheese
1 serrano pepper, fresh, seeds removed and coarsely chopped	3 red bell peppers (or assorted colors), cut into 2-inch long julienne
3 tablespoons olive oil	olive oil spray
1/4 teaspoon smoked paprika	1/4 teaspoon sea salt, optional

Method

1. Lightly crush cardamom pods in a mortar and pestle, then remove the seeds, discarding the husks. Toast cardamom and peppercorns in a small skillet over moderate heat, stirring, until fragrant and a shade darker. Cool. Grind spices into a powder in a spice grinder or blender. Add cilantro, garlic, chile, and oil and blend together until smooth, adding small amounts of yogurt if mixture is too dry to blend.
2. In a medium bowl, combine both yogurts then fold in the ground spices. Fold in the smoked paprika. Sprinkle salt on top. Taste and adjust seasonings.
3. Meanwhile preheat oven to 375 F. Line two sheet pans with parchment. Arrange pita triangles on the prepared pans. Spray with olive oil spray and sprinkle with Parmesan cheese. Bake in preheated oven until golden and crisp, about 10 minutes. Transfer triangles to a rack to cool.
4. Serve dip with crispy pitas and bell peppers.

Notes

1. Pita triangles can be made 2 days ahead.
2. Dip can be made 1 day ahead.

Nutrition Information (per serving)

110 calories (33.3% calories from fat), 5 grams total fat, (0.9 grams sat. fat), 5 grams protein, 15 grams carbohydrate, 2 grams dietary fiber, 1 mg cholesterol, 181 mg sodium, 61 mg calcium