

Greek Pita Salad with Potatoes

Ingredients:

Dressing

6 ½ ounces plain low-fat yogurt
2 ounces feta cheese, crumbled
1 tbsp. dill, chopped
1 tbsp. mint, chopped
1 garlic clove, chopped
⅛ tsp. salt
¼ tsp. pepper

Salad

8 pita rounds, torn into 1 inch pieces
12 ounces potatoes, peeled and cut into ½ inch cubes
19 cherry tomatoes
1 cucumber, sliced and peeled
2 ½ cups romaine lettuce, cut into 1 inch strips
1 oz. green onions, sliced 1 oz. black olives, pitted, chopped



Nutrition Facts

Serving Size 2 cups (453g)
Servings Per Container 3

Amount Per Serving

Calories 220 **Calories from Fat** 60

	% Daily Value*	
Total Fat 6g		9%
Saturated Fat 3.5g		18%
Trans Fat 0g		
Cholesterol 20mg		7%
Sodium 440mg		18%
Total Carbohydrate 35g		12%
Dietary Fiber 6g		24%
Sugars 12g		

Protein 11g

Vitamin A 90% • Vitamin C 70%
Calcium 25% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. To make dressing: In blender, purée yogurt, cheese, dill, mint and garlic until creamy. Season with salt and pepper.
2. Arrange pitas on sheet pan in even layer. Bake in 350°F oven about 15 minutes or until crisp.
3. In large saucepan over medium heat, cook potatoes, covered, in 2 inches water for about 15 minutes or until tender. Drain and cool.
4. For each serving: In bowl, toss together potatoes, tomatoes cut in half, cucumber slices and 2 tbsp. dressing.
5. Place ½ cup lettuce on salad plate. Mound vegetable mixture over lettuce. Garnish with 2 tsp. green onions, 2 tsp. olives and pita bread.