

Yogurt-cucumber dip with grilled pita bread

Ingredients:

16 oz. strained Greek yogurt. Regular or 1% fat

1 medium cucumber, shredded

1 clove garlic

1 teaspoon vinegar

1 1/2 cups olive oil

1 teaspoon salt and pepper

1 tablespoon fresh dill, chopped

1 package pita breads

Notes:

Directions:

1. Shred the cucumber into large pieces. Squeeze out as much water as possible through a mesh strainer. Set aside.
2. Chop the garlic in a food processor until minced. Stop the processor. Add the yogurt, cucumber, vinegar, salt and pepper.
3. Pour the olive oil through the emulsion attachment at the top of the processor and hit the pulse button every 3 seconds to slowly stir the ingredients.
(Note: do not puree the ingredients quickly because the dip will turn to liquid.)
Repeat this step slowly until all of the oil is mixed into the dip.
4. Add the dill into the processor and pulse 2 or 3 times until it is mixed in.
5. Heat a double burner grill/griddle or fry pan on medium low. You may drizzle a little olive oil in the pan if you want the pitas to be crispy. Heat each pita for about 2 minutes on each side, or until golden brown.
6. Cut the pita breads into eighths and serve with the dip.