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Gazpacho Dip with Garlic Pita Chips

2 whole-wheat pita breads
2 large garlic cloves, halved crosswise
Cooking spray, preferably olive oil
1/8 teaspoon kosher or coarse sea salt
1 ripe medium tomato, seeded and finely chopped
1/3 cup finely chopped celery
1/3 cup finely chopped cucumber
1/3 cup finely chopped green bell pepper
1/4 cup finely chopped red onion
3/4 cup prepared salsa, hot or mild
1/4 teaspoon garlic powder
2 tsp. lime juice
2 tsp. rice vinegar
1/4 cup chopped cilantro

Preheat the oven to 350 degrees F.

Cut the pita breads each into 6 wedges. Separate each wedge into 2 pieces. One at a time, rub the rough side of the wedges with the cut side of a garlic clove and place them on a baking sheet in 1 layer. Lightly coat the pita wedges with cooking spray and sprinkle with the salt. Bake 6 minutes, or until the wedges curl at the edges and darken slightly in color. Cool on the baking sheet. The pita will crisp as it cools. Cover with foil and store at room temperature up to 8 hours.

In a mixing bowl, combine the tomato, celery, cucumber, green pepper and onion. Add the salsa, garlic powder, lime juice and vinegar, and mix well. This can be done up to 4 hours before serving and the dip refrigerated in a covered container.

Just before serving, mix in the cilantro and transfer the dip to a serving bowl. Place the bowl on a platter, surround with the pita chips, and serve.

Makes 2 cups (6 servings).

Per serving: 42 calories, 0 g. total fat (0 g. saturated fat), 9 g. carbohydrate, 2 g. protein, 2 g. dietary fiber, 98 mg. sodium.