



CHILI-LIME DIP WITH TOASTED PITAS

INGREDIENTS

PREPARATION: 5 MINUTES

RESTING TIME: 30 MINUTES

MAKES 3/4 CUP

DIP

1/2 cup Silken tofu™

2 tablespoons mayonnaise

1/2 cup roasted red peppers from a jar

1 teaspoon chili powder

1 teaspoon onion powder

1 1/2 tablespoons lime juice

3 tablespoons chopped fresh cilantro
(may be replaced by fresh dill or parsley)

PITA CHIPS

4 large, plain, white flour, Greek pita

3 tablespoons olive oil

1 clove of garlic, crushed

PREPARATION

- 1** Preheat conventional oven to 300° F (150° C).
- 2** For the dip, put all ingredients in a blender or food processor and blend until smooth, about 30 seconds.
- 3** Transfer to a small bowl, cover and refrigerate for a minimum of 30 minutes.
- 4** Mix olive oil with garlic and brush it on the pitas.
- 5** Cut each pita into 8 wedges, then place wedges on baking tray and roast for 20 minutes or until crisp, but not browned.
- 6** Arrange dip and pita chips on plate and serve.

Nutrient Analysis

PER SERVING 3 pita chips
with 2 tablespoons of dip

Renal exchange:

1 Starch + 1/2 Vegetable

Calories	136kcal
Protein	3g
Carbohydrates	16.5g
Fiber	0.8g
Total Fat	2.2g
Saturated Fat	0.9g
Cholesterol	0mg
Sodium	122mg
Potassium	103mg
Phosphorus	42mg

SUGGESTION

The dip goes well with raw veggies or as a sandwich spread with meat. You can keep the pita wedges in a tin for up to a week.