**Spanakopita (Spinach) Dip**

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**Ingredients:**

* 1 cup Greek yogurt
* 1/2 pound frozen chopped spinach (thawed and lightly squeezed to remove excess moisture.)
* 2 Tbsp. feta cheese crumbles
* 1 Tablespoon minced fresh parsley leaves (or 2 teaspoons dried parsley flakes)
* 1 Tablespoon dry minced onion flakes
* 1 teaspoon garlic salt
* 1/2 teaspoon minced fresh garlic
* 1/2 teaspoon dried dill weed
* 1/4 teaspoon paprika
* 1/8 teaspoon freshly ground black pepper
* 1 pinch ground nutmeg

1. Begin by combining yogurt with spinach and all other ingredients in a large bowl.  Stir well until evenly combined.  Serve with sturdy chips, crackers, vegetable sticks or spread on bread.

**Tzatziki**

**Ingredients:**

1 cup Greek yogurt

1 English cucumber, finely minced

2 cloves garlic, finely minced

1 tablespoon fresh lemon juice

2 tablespoons dill

Kosher salt and freshly cracked black pepper

Directions

In a medium bowl, whisk together the yogurt, cucumber, garlic, lemon zest, lemon juice and dill. Season with salt and pepper. Chill.

**Homemade Pita Chips**

3 pita bread pockets

2 tablespoons olive oil

1/8 teaspoon ground black pepper

1/4 teaspoon garlic salt

1/8 teaspoon dried basil

1. Preheat oven to 400 degrees F.

2. Cut each pita bread into 8 triangles. Place triangles on lined cookie sheet.

3. In a small bowl, combine the oil, pepper, salt, basil. Brush each triangle with oil mixture.

4. Bake in the preheated oven for about 7 minutes, or until lightly browned and crispy. Watch carefully, as they tend to burn easily.