

Greek Nachos With Herbed Tahini Sauce

Yield: 4 servings

Ingredients

4 whole-wheat pitas (7 inch)
1 tablespoon olive oil
½ teaspoon kosher salt

Salad:

15 ounces canned chickpeas,
drained and rinsed
¾ cup tomato, chopped
¾ cup cucumber, chopped
¼ cup green onion, chopped
¼ cup fresh parsley, chopped
¼ cup Kalamata olives, pitted and thinly
sliced
2 tablespoons fresh-squeezed lemon juice
½ teaspoon garlic, minced
½ tablespoon olive oil
¼ teaspoon kosher salt

Herbed Tahini Sauce:

½ cup tahini
¼ cup lemon juice
2 tablespoons fresh parsley
2 tablespoons fresh cilantro
2 tablespoons water
¼ teaspoon kosher salt

Instructions

1. Preheat oven to 400 degrees.
2. Line a large baking sheet with parchment paper.
3. Using a pastry brush, brush both sides of the pitas with olive oil and lightly sprinkle with salt.
4. Stack the pitas on top of each other and then cut them into 8 wedges per pita.
5. Place pita wedges on baking sheet and bake until they are lightly crisp and golden, about 10 minutes. Flip halfway through baking.
6. For the salad, in a large bowl, combine the chickpeas, tomato, cucumber, green onion, parsley, olives, lemon juice, garlic and salt.
7. For the Herbed Tahini Sauce, in a small food processor or blender, puree tahini, lemon juice, herbs, water and salt.
8. To assemble nachos, arrange the toasted pita wedges across a large serving plate (some overlap is fine). Stir the salad once more, then use a slotted serving spoon to scoop the salad onto the pita wedges, leaving the salad juices in the bowl.
9. Generously drizzle the Herbed Tahini Sauce over the salad.

Nutrition Information

Serving Size: ¼ of recipe

Calories: 287
Total Fat: 17.4 g
Saturated Fat: 1.6 g
Monounsaturated Fat: 0.1 g
Sodium: 314.1 mg
Total Carbohydrate: 25.1 g
Dietary Fiber: 8.4 g
Sugars: 8.4 g
Protein: 10.2 g

Source: Kathryn Taylor,-Love Real Food



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