

PREPARATION: 10 MINUTES

RESTING: 30 MINUTES

MAKES: ¾ CUP

CHILI-LIME DIP WITH TOASTED PITAS



Nutrient Analysis

PER SERVING: 2 Chips with 2 oz Dip

RENAL EXCHANGE: 1 Starch + 1 Fat

Calories	149 Kcal	Sodium	202 mg
Protein	4 g	Potassium	72 mg
Total Carbohydrate	18 g	Phosphorus	44 mg
Fiber	1 g	Calcium	46 mg
Sugars	1 g	Iron	1 mg
Fat	7 g	Magnesium	13 mg
Saturated	2 g	Vitamin C	14 mg
Cholesterol	1 mg		

Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- Transplant

CHILI-LIME DIP WITH TOASTED PITAS

INGREDIENTS

Dip

½ cup Silken tofu™

2 tablespoons mayonnaise

½ cup roasted red peppers
from a jar

1 teaspoon chili powder

1 teaspoon onion powder

1½ 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 (6½ inches
in diameter)

3 tablespoons olive oil

1 clove of garlic, crushed

PREPARATION

- 1 Preheat conventional oven to 300° F.
- 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.

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.*

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