



Meze Platter with Tzatziki Dip



Tzatziki Dip:

- 2 cups plain fat free yogurt, without gelatin, drained for 1 hour (see Cook's Tip)
- 1 cup peeled, shredded English (European, hothouse) cucumber
- 2 tablespoons finely chopped fresh mint or dill (or 1 teaspoon dried mint or dill weed)
- ¼ teaspoon finely chopped or pressed garlic
- ¼ teaspoon salt
- ¼ teaspoon granulated sugar (optional)
- 2 teaspoons olive oil (for drizzle when served)

Marinated Garbanzo Beans:

- 1 can (15 ½ -ounce) sodium-reduced garbanzo beans, drained
- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar
- 1 tablespoon chopped fresh oregano or 1 teaspoon crumbled dried oregano leaves
- ¼ teaspoon finely chopped or pressed garlic
- ⅛ teaspoon ground black pepper
- ⅛ teaspoon salt

Platter:

- 4 whole wheat pita breads (about 1 ½ ounces each)
 - 2 ounces (2 ½- to 3-inch cube) Feta cheese
 - 2 tomatoes, sliced
 - ½ small red onion, thinly sliced
 - 12 to 15 small leaves basil, arugula, or spinach
1. Squeeze shredded cucumber to remove as much liquid as possible; press in paper towels to remove additional moisture. To make dip, remove 1 cup drained yogurt to medium bowl, discarding liquid. Stir cucumber into drained yogurt, along with mint or dill, garlic, salt, and sugar. Cover and refrigerate 1 hour for flavors to blend.
 2. To marinate beans, rinse drained beans under running water. Drain in colander and pat dry on paper towels. In medium bowl, combine beans, olive oil, vinegar, oregano, garlic, pepper, and salt. Cover and refrigerate 1 hour or until serving time.
 3. To serve, preheat oven to 375°. Wrap pita in foil and place in oven 15 minutes or until warm. Cut pitas into quarters. Arrange pitas on a large platter with Feta cheese, tomatoes, onion, and basil. Place bowls of marinated beans and Tzatziki Dip on or alongside platter. Drizzle 2 teaspoons olive oil over dip. Pass small plates. Fill or top pita triangles with dip, cheese, beans, tomatoes, onion, and basil.
- Prep time: 45 minutes • Stand time: 1 hour • Bake time: 15 minutes • Makes: 4 servings*

In Greece, meze (meh-ZAH) is a variety of small dishes served with pita or other bread in an informal style to encourage good conversation and hearty nibbling. A meze favorite is tzatziki (tot-ZEE-kee), the Greek version of yogurt-and-cucumber sauce. This recipe calls for draining yogurt for an hour, a common practice in the Middle East and other regions. The result is a creamy, thick base perfect for dips, dressings and sauces.

Cook's Tip:

- To drain yogurt for Tzatziki Dip, spoon yogurt into a coffee-brewing cone lined with a paper coffee filter. (Or spoon yogurt into a fine strainer or colander lined with cheesecloth.) Place over a bowl. Refrigerate for 1 hour to drain. Discard liquid.

Tester's Comment:

"A pre-cooked chicken from the supermarket along with this colorful platter made a delicious dinner that we ate with our fingers. We had hummus and olives in the fridge, so I just added them to the platter."

Nutrients per serving:

Calories	365
Protein	18 g
Total Fat	11 g
(Saturated Fat	3 g)
Carbohydrate	53 g
Calcium	263 mg
Cholesterol	7 mg
Fiber	9 g
Sodium	847 mg