



MEDITERRANEAN EIGHT-LAYER DIP

Makes 12-14 appetizer servings

2 medium tomatoes, seeded and chopped
1 cup seeded and chopped cucumber
3 tablespoons snipped fresh flat-leaf parsley or regular parsley
4 teaspoons snipped fresh mint
2 teaspoons lemon juice
1/8 teaspoon kosher salt
1/8 teaspoon coarsely ground black pepper
12 large pita bread rounds
1 1/2 cups hummus
2 cups shredded greens, i.e. radicchio, endive, arugula, beet greens, or a blend of these
4 ounces feta or soft goat cheese, crumbled or cut up (1 cup)
1/2 12-ounce jar roasted sweet peppers, drained and chopped
1/2 cup kalamata olives

Directions:

1. In a medium bowl, combine tomatoes, cucumber, parsley, mint, lemon juice, salt, and black pepper. Set aside.
2. Wrap pita rounds in foil and heat in a 350 degree oven for 15 minutes or until warm.
3. To assemble dip, spread hummus on a 12-inch serving platter; arrange shredded greens atop hummus layer, leaving a 1-inch border of hummus.
4. Drain excess liquid from the tomato mixture; discard liquid. Spoon tomato mixture over greens layer, leaving a 1-inch border of greens.
5. Sprinkle feta over tomato mixture.
6. Top with roasted sweet peppers and olives.
7. To serve, cut warm pita rounds into wedges. Serve with dip.

Per Serving: Calories: 295, Fat: 10 g, Cholesterol: 8 mg, Sodium: 819 mg, Protein: 9 g, Carbohydrates: 42 g.