

LABOR DAY MENU PLAN!



Make a day before you want to serve:

Pita Chips:

Ingredients:

- 4 whole wheat pita bread pockets
- Olive oil or spray olive oil
- Optional: Dried basil, parsley, garlic powder*

Instructions:

1. Preheat oven to 350 degrees F.
2. Split pitas in half, then separate pocket halves (thicker ones and thin ones)
3. After halving, brush with olive oil before cutting into triangles.
4. Spray then with cooking spray or brush them with olive oil. Sprinkle on spices if desired.
5. Re-spray again to help spices stick.
6. Cut each half into 4 pieces. Bake thin ones in one batch and thick ones in another batch.
7. Bake in oven for 10-16 minutes. Keep a close watch so they don't burn.
8. Store in airtight container.

Tzatziki: (for pitas and vegetable & pita tray)

Ingredients:

- 2 cucumbers, peeled and sliced in half, lengthwise
- ½ teaspoon Garlic cloves, peeled and minced
- 2 – 6 ounce containers of plain greek yogurt
- 1 tablespoon dried dill
- ¼ teaspoon salt
- 2 tablespoon lemon juice

Instructions:

1. Use a spoon and scrape out seeds from cucumber. Dice the cucumber into small pieces or shred using a box grater (2 medium cucumbers shredded = 4 cups)
2. Spread cucumber on paper towels on top of a clean dish towel. Roll up the towels and squeeze to remove excess liquid, and then transfer to a large bowl.
3. Mix the cucumbers with the garlic, yogurt, herbs and salt.
4. Refrigerate until ready to serve.

Quick Fruit Dessert (Part 1)

Ingredients:

- 2 cups low-fat or nonfat milk
- 1 – 3.5 oz box instant vanilla pudding

Instructions:

1. Pour milk into a bowl, add pudding mix, and prepare pudding according to the directions on the box.
2. Keep in the refrigerator until ready to assemble and serve. (part 2 next page)

Make the day you serve:

Vegetable and Pita Chip Tray: -----

Ingredients:

- baby carrots or other vegetables you like for dipping
- prepared pita chips
- 2 cups prepared tzatziki

Instructions:

1. Wash baby carrots and/or other vegetables for dipping
2. Assemble the tray by place vegetables and pita chips on plate as well as a bowl of tzatziki.

Chicken Tzatziki Pitas: -----

Ingredients:

- $\frac{3}{4}$ pound boneless, skinless chicken
 - 1 teaspoon olive oil or olive oil spray
 - 1 tablespoon greek seasoning or 1 teaspoon oregano, 1 teaspoon thyme, 1 teaspoon basil
 - romaine lettuce
 - 4 whole wheat pita pockets
 - $\frac{1}{2}$ prepared tzatziki
 - 1 tomato
 - 1 small red onion
- Optional: Feta cheese*

Instructions:

1. Cut up the chicken breasts into cubes.
2. Add olive oil or olive oil spray to a skillet, add chicken then sprinkle seasoning or spices on chicken and cook on medium heat until done, 6-10 minutes. *Optional: Grill chicken instead.*
3. Remove chicken from heat.
4. Wash romaine lettuce and tomato.
5. Cut slices of red onion and tomato.
6. Assemble pitas
 - a. Open whole wheat pita.
 - b. Place two or three romaine lettuce leaves inside on the bottom.
 - c. Spread $\frac{1}{8}$ cup tzatziki on top of the lettuce.
 - d. Add slices of tomato and red onion.
 - e. Add two ounces of cooked, diced chicken on top.*Optional: top with feta cheese*

Quick Fruit Dessert (Part 2) -----

Ingredients:

- Prepared pudding from part 1
- 1 cup fresh fruit (peaches, nectarines, strawberries, bananas, grapes, etc.)

Instructions:

1. Place one vanilla wafer on bottom of a small paper or plastic cup or a small bowl. Do the same for each vanilla wafer.
2. Top each vanilla wafer with $\frac{1}{4}$ cup vanilla pudding.
3. Wash and cut up fresh fruit.
4. Top with washed and cut up fresh fruit just before serving.
5. Serve.