

Creamy Cucumber Dip with Crispy Pita Chips

Serves 6

Serve this cool, creamy dip with wedges of fresh pita bread or store-bought pita chips.

2 small cucumbers
1/4 cup finely sliced red onion
1 pound firm tofu
3 1/2 tbsp lemon juice
2 garlic cloves, peeled
1/2 tsp salt
1/2 tsp coriander
1/2 tsp cumin
pinch cayenne



Peel, seed, and grate the cucumbers. Let stand 10 minutes. In a blender, combine the tofu, lemon juice, garlic, salt, coriander, cumin, and cayenne. Blend until completely smooth. Squeeze the cucumbers to remove excess moisture, then place them in a serving bowl with the red onion. Stir in the tofu mixture. Chill 2 to 3 hours.

Nutrition information per serving: 90 calories, 7 g protein, 11 g carbohydrate; 2 g fat, 210 mg sodium, 0 mg cholesterol

Source: New Century Nutrition