

VEGETARIAN

Radish-Yogurt Dip and Pita Wedges

10 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$0.26	21 kcal

The recipe Radish-Yogurt Dip and Pita Wedges can be made in around 45 minutes. One serving contains 21 calories, 3g of protein, and 0g of fat. This recipe serves 4 and costs 26 cents per serving. It will be a hit at your The Super Bowl event. This recipe is liked by 1 foodies and cooks.

Ingredients

☐ ¼ teaspoon black pepper

☐ 2 6-inch (6-inch) pitas

☐ ¼ cup grated radish

☐ 2 teaspoons minced garlic

☐ ½ cup plain 2% reduced-fat Greek yogurt

☐ 1 teaspoon red wine vinegar

EQUIPMENT Bowl

Method

- 1 Cut pitas into 6 wedges each.
- 2 Combine yogurt, minced garlic, red wine vinegar, and black pepper in a small bowl. Stir in radish.
- 3 Serve with pita wedges.

Nutrition per serving

21	3 g	0 g	2 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0 g · 0% of daily needs
Sugar			1 g · 1% of daily needs
Sodium			14.9 mg · 1% of daily needs
Cholesterol			1.3 mg · 0% of daily needs
Vitamin C			1.6 mg · 2% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/radish-yogurt-dip-and-pita-wedges-141907