

Greek Nachos

Try this Mediterranean twist on the famous Mexican appetizer.



INGREDIENTS

(Makes 1 order)

Pitas	3
Olive Oil	20ml
Salt	5g
Ground Lamb	225g
Garlic, minced	18g
Cumin Powder	2g
Oregano, dried	1g
U.S. Feta Cheese, crumbled	120g
Fresh Mint, minced	18g
Tomatoes, chopped	75g
Cucumbers, chopped	75g
Kalamata Olives, pitted, chopped	75g
Red Onions, chopped	30g
U.S. Yogurt, plain	60g

NUTRITIONAL CONTENT

U.S. Label

Nutrition Facts

Serving Size (100g)
Servings Per Container

Amount Per Serving		% Daily Value*	
Calories 210	Calories from Fat 110		
Total Fat 12g		18%	
Saturated Fat 4.5g		23%	
Trans Fat 0g			
Cholesterol 30mg		10%	
Sodium 680mg		28%	
Total Carbohydrate 16g		5%	
Dietary Fiber 1g		4%	
Sugars 2g			

Protein 9g

Vitamin A 4% • Vitamin C 4%

Calcium 10% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Per 100g

Calories	212kcal
Total Fat	12g
Saturated Fat	4g
Trans Fat	0g
Cholesterol	31mg
Total Carbohydrates	16g
Dietary Fiber	1g
Sugars	2g
Protein	9g
Calcium	122mg
Magnesium	17mg
Phosphorus	113mg
Potassium	147mg
Sodium	685mg
Iron	1mg
Vitamin A	244IU
Vitamin C	2mg

PREPARATION

1. Brush pitas with olive oil, sprinkle with salt and cut them into 8 triangles each. Place triangles on a baking sheet.
2. Bake at 200°C (390°F) for about 5 minutes, until crispy. Set aside.
3. In a medium sauté pan over medium heat cook lamb and garlic until browned.
4. Add cumin and oregano, and mix well.
5. In a small bowl mix feta crumbles and mint together.
6. Build Nachos; lay out pita triangles on serving dish and top with meat mixture. Top next with feta mixture followed by the tomatoes, cucumbers, olives and onions.
7. Small dollops of yogurt complete the dish.

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. Photo Courtesy of Wisconsin Milk Marketing Board. ©2015 U.S. Dairy Export Council.