

## **Basil Parmesan Dip with Pita Chips**

a classic flavor combo found in Pesto, use Sweet or Italian Lemon Basil!!

### Ingredients:

4- 6 inch Pita's  
Cooking Spray  
½ tsp. freshly ground Black Pepper  
¼ tsp. Kosher Salt  
1 cup Basil( lightly packed) leaves  
¾ cup finely grated Parmegiano Reggiano  
¾ 2 tsp. fresh Lemon Juice cup reduced fat  
Sour Cream  
1 Garlic Clove, minced  
Basil sprigs for garnish



### Directions:

Preheat oven to 375 degrees. Split pita's, cut each half into 8 wedges. Place on baking sheet & coat with cooking spray. Sprinkle with ¼ tsp. pepper and salt. Bake for 12 minutes or until crisp.

Combine ¼ tsp. pepper, basil and remaining ingredients in a food processor and process until smooth. Use a rubber spatula and scrape into a serving bowl. Garnish with sprigs of basil and serve with pita chips.

Makes 8 servings

*(Serving size...2 ½ tbsp. dip & 8 pita chips...Only 153 calories & 19 carbohydrates per serving)*