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	
Calories 210 Calories	from Fat 110
	% Daily Value*
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 bassed on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: 2,000 2,500 Calories: 2,000 2,500 Total Fat Less than 52sturated Fat Less than 20g 25g Cholesterol Less than 300mg 25g 300mg 300mg 25g 300mg 300mg 25g 300mg	Protein 99				
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 300g 2,400mg Total Carbohydrate 300g 375g Cholesterol Less than 2,400mg 300g Calcries Piber 25g 30g					
*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	Vitamin A 4%	Vitamin A 4% • Vitamin C 4%		2 4%	
diet Your daily values may be higher or lower depending on your calorine needs: 2,000 2,500 Total Fat Less than Saturated Fat Less than Sodium Less than Sodium Less than 20g 25g 25g 80g Cholesterol Less than 300mg 5odium Less than 24,400mg 2,400mg 3,00mg Total Fat Less than 300mg 5odium 2,400mg 2,400mg 3,75g Dietary Fiber 2,25g 30g 375g Calories per gram: 25g 30g	Calcium 10%	6 •	Iron 8%		
Saturated Fat Cholesterol Less than Less than 300 300mg 2,400mg 25g 300mg Total Carbohydrate Dietary Fiber 300g 300g 375g 375g Calories per gram:	depending on your calorie needs:				
	Saturated Fat Cholesterol Sodium Total Carbohydra	Less than Less than Less than	65g 20g 300mg 2,400mg 300g	80g 25g 300mg 2,400mg 375g	

Per 100g	
Calories	212kcal
Total Fat	12g
Saturated Fat	4g
Trans Fat	Og
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

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.

Vitamin C

- 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.

