Crispy Lavash Chips with 2-Ingredient Dip

1/4th of recipe (6 chips with about 1/4 cup dip): 59 calories, 0.5g total fat (0g sat. fat), 249mg sodium, 10.5g carbs, 2g fiber, 3g sugars, 4g protein

Prep: 5 minutes   **Cook:** 5 minutes

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Ingredients

1 large piece lavash bread with about 150 calories (or 1 1/2 light tortillas/flatbreads with about 100 calories each)
2/3 cup salsa
1/3 cup fat-free plain Greek yogurt (like Fage Total 0%)

Directions

Preheat oven to 425 degrees. Spray a baking sheet with nonstick spray.

Cut lavash/flatbread into 24 squares, each about 2" X 2".

Evenly place squares on the baking sheet. Bake until crispy, 2 - 4 minutes.

In a medium bowl, thoroughly mix salsa with yogurt.

MAKES 4 SERVINGS

HG FYI: A previous version of this recipe may have called for slightly different ingredients, but we've given it an upgrade! Nutritional info may vary accordingly.

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