

Tangy Tomato Dip with Pita Chips

Ingredients

- 2 tablespoons NOOR olive oil
- 1 small onion, finely chopped
- 2 cloves garlic
- 2 small red chili peppers
- 1 (425g) can of tomatoes
- 2 pimientos
- 2 tablespoons lemon juice (optional)
- 1/3 cup parsley
- 3 pita bread pockets
- Sour cream

Instructions (Up to 20–30 Mins)

- Chop the onion and garlic finely.
- Heat the olive oil in a skillet over medium heat.
- Add the chopped onion and garlic to the skillet and sauté until softened and fragrant.
- Add the pimientos and crushed tomatoes to the skillet. Cook for 5 minutes, stirring occasionally.
- Cut the pita bread into triangles.
- Lightly grease the pita bread triangles with a little olive oil.
- Toast the pita bread triangles in the oven or on a griddle until lightly golden brown.
- Serve the tomato dip with the toasted pita bread triangles and sour cream (optional).

Nutritional Values

- **Calories: 100-150 kcal**

- **Protein: 2-4g**
- **Fat: 8-12g**
- **Carbohydrates: 5-10g**

Nutritional values are estimates and can vary significantly depending on factors such as ingredient brands, portion sizes, and cooking methods.