

Zucchini, Avocado & Pomegranate Salsa with Pita Chips

Yield: Serves 6; makes about 2 cups

Ingredients

Produce

2 zucchini (about 1 pound), trimmed and cut into 1/2-inch dice (about 3 1/2 cups)
1 teaspoon finely chopped fresh oregano
1/4 cup finely chopped red onion
1 avocado, halved, pitted, peeled, and cut into 1/4-inch dice (about 1 cup)
1/2 cup pomegranate seeds
1 tablespoon fresh lime juice

Dairy

1 tablespoon crumbled feta cheese

Pantry

1 tablespoon extra-virgin olive oil
3 whole-wheat pitas (6 inches each)
Olive oil cooking spray

Spices

3/4 teaspoon coarse salt
Freshly ground pepper

Preparation

Step 1 – Roast the zucchini

Preheat oven to 425°F. Toss zucchini with olive oil, oregano, 1/4 teaspoon salt, and 1/8 teaspoon pepper. Spread in a single layer on a rimmed baking sheet. Roast, tossing once, until tender and golden, about 25 minutes. Cool completely on a wire rack. (Leave oven on.)

Step 2 – Mix the salsa

In a medium bowl, combine roasted zucchini, onion, avocado, pomegranate seeds, feta, lime juice, 1/4 teaspoon salt, and 1/8 teaspoon pepper. Gently stir. Refrigerate 30 minutes (up to 2 hours).

Step 3 – Make pita chips

Cut pitas in half; split each half into 2 half-moons, then cut each into 3 triangles. Arrange on a rimmed baking sheet. Lightly coat both sides with cooking spray. Sprinkle with remaining 1/4 teaspoon salt and 1/8 teaspoon pepper. Bake, flipping once, until golden, about 5 minutes