

CALORIE CONTROL RECIPES

LUNCH

Gazpacho Nachos - serves 4

- 4 Pita bread rounds cut into eighths, toasted
- 2 cups hummus
- 2 tsp chopped parsley
- $\frac{3}{4}$ cup fresh tomato, seeded and diced
- 2 Tbsp onion, diced
- $\frac{1}{2}$ cup cucumber, peeled, seeded and diced
- 3 Tbsp green capsicum, seeded and diced
- 2 Tbsp red wine vinegar
- 3 Tbsp tomato juice
- 2 tsp tomato paste
- 1 tbsp extra virgin olive oil
- $\frac{3}{4}$ tsp seasoned salt
- 150 g sour cream (optional)

Mix tomato, onion, cucumber, capsicum and toss in dressing. For the dressing, combine red wine vinegar, tomato juice, tomato paste, olive oil and salt. Arrange pita wedges on gazpacho mix and top with hummus.