



Feta Dip / Spread

SERVINGS: 4-5 / 2 TBSP

EST. COST: \$4.10

COST PER SERVING: \$1.10

Ingredients

- 2 cups yogurt, non-flavored (e.g Greek, Oat, whole)
- ½ cup feta cheese, crumbled
- 2 tbsp olive oil (canola oil, vegetable oil, ghee)
- 2 tbsp lemon, zest
- ¼ cup kalamata olives, drained, diced small
- ½ cup cucumber, chopped small (substitute: celery)
- To taste, Salt and pepper

Directions

1. Whisk Greek yogurt, feta cheese, oil, and lemon zest in a bowl for 1-3 minutes, until creamy.
 2. Fold in (thoroughly mix in) olives, cucumber, and optional seasoning.
 3. Place on top of roasted vegetables, or use as a dip for your fresh vegetables.
- Enjoy!

Equipment

medium bowl, whisk / spoon,





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Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	172.5	
	% Daily Value*	
Total Fat	12.3 g	16 %
Saturated Fat	2.8 g	14 %
Trans Fat	0.1 g	
Cholesterol	12.5 mg	4 %
Sodium	441.8 mg	19 %
Total Carbohydrate	5.4 g	2 %
Dietary Fiber	0.5 g	2 %
Total Sugars	3 g	
Added Sugars	0 g	0 %
Protein	10.3 g	
Vitamin D	0 mcg	0 %
Calcium	118 mg	9 %
Iron	0.2 mg	1 %
Potassium	141.7 mg	3 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Health Benefits:

Greek Yogurt has pre-biotic properties which can help support the growth of the good bacteria in the gut while reducing the growth of the bad bacteria. It can also be used to help alleviate gastrointestinal issues including gas and bloating.

Lemon zest is the outside peel of the lemon, that still has beneficial effects, such as providing an antioxidant + anti-inflammatory agent, Naringenin that fights inflammation and a powerhouse for cancer by being an antibacterial and anti-cancer (alkaloids) agent.

References:

1. Recipe provided by LA Dixon, 2024