

Caramelized Onion, Spinach, and Feta Dip



Discover a deliciously nutritious dip with our refreshing and healthy dip. Combining the creaminess of Greek yogourt with the richness of feta, this dip is elevated by caramelized onions and fresh spinach. Perfect for pairing with bread, crackers, or veggies, it blends pleasure with nutritional benefits in every bite.

Preparation 10 min

Cooking 10 min

Servings 12

Nutrition Facts (per serving)

Calories 50

Fat 2

Carbohydrates 4

Fibre 0

Protein 4

Sodium 115

Ingredients

- 5 ml (1 tsp) olive oil
- 1 onion, thinly sliced
- 15 ml (1 tbsp) maple syrup (or honey)
- 15 ml (1 tbsp) balsamic vinegar

- Salt and pepper, to taste
- 250 ml (1 cup) 0% plain Greek yogourt
- 180 ml (¾ cup) light feta cheese, coarsely crumbled
- 10 ml (2 tsp) lemon juice (or more to taste)

Preparation

1. In a skillet, heat the oil and sauté the onion for 1-2 minutes. Add the maple syrup and balsamic vinegar and cook until the onions are translucent. Towards the end of cooking, add the spinach to wilt it. Season with salt and pepper, and set aside to cool.
2. In a food processor, blend the yogourt with the feta cheese and lemon juice until nearly smooth. Transfer to a medium bowl and stir in the onion mixture. Adjust the seasoning if necessary. Let cool completely before serving with bread, crackers, and/or raw vegetables.

Notes

Keeps for 4 days in the refrigerator in an airtight container.



Elsa Rochette – Nutritionniste Diététiste à Québec | Responsable des services corporatifs et communautaires et créatrice culinaire
Registered Dietitian Nutritionist in Quebec City