

Whipped Feta Dip



Here's a quick, creamy, and flavorful dip that's perfect for entertaining or enhancing a simple meal, like our [Cilantro and Ginger Grilled Chicken](#) recipe. Inspired by Mediterranean classics, this protein-rich recipe is just as delicious with vegetables as it is as a sandwich spread. Bookmark it for effortless impressing!

Preparation 5 min
Cooking 0 min
Servings 4
Nutrition Facts (per serving)
Calories 145
Fat 11
Carbohydrates 3
Fibre 0
Protein 9
Sodium 465

Ingredients

- 1 block of 200 g (7 oz) of light feta cheese
- 60 ml (4 tbsp) 0% plain Greek yogurt
- Zest and juice of ½ lemon (or 1 lime)
- 1 garlic clove
- Pepper, to taste

Preparation

1. Place feta, yogurt, lemon zest and juice, and garlic in a food processor.
2. Blend until smooth and creamy.
3. Transfer to a serving bowl or plate.
4. Serve with veggies, crackers, or use as a spread.

Notes

Keeps for 5 days in the refrigerator in an airtight container.

Depending on how you use it, this recipe can make between 4 and 6 servings. Nutritional values ??are calculated for 4 servings.



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