

VEGETARIAN

Feta-Chile Spread

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$1.27	167 kcal

Feta-Chile Spread could be just the lacto ovo vegetarian recipe you've been looking for. For \$1.27 per serving, this recipe covers 8% of your daily requirements of vitamins and minerals. One serving contains 176 calories, 9g of protein, and 7g of fat. This recipe serves 8. 1 person were glad they tr...

Ingredients

- ☐ ½ cup plain fat-free yogurt
- ☐ 2 tablespoons fresh lemon juice
- ☐ 2 Anaheim or poblano chiles
- ☐ 8 ounces cups crumbled feta cheese
- ☐ 4 pitas, each cut into 8 wedges

EQUIPMENT Food processor, Bowl, Baking sheet, Aluminum foil, Broiler

Method

- 1

Preheat broiler.
- 2

Place chiles on a foil-lined baking sheet, and broil 7 minutes or until lightly blackened, turning after 3 1/2 minutes. Peel and cut a lengthwise slit in each roasted chile; discard seeds and stems. Chop roasted chiles.
- 3

Place cheese, yogurt, and juice in a food processor; process until smooth. Spoon cheese mixture into a medium bowl, and stir in chopped chiles. Chill at least 1 hour before serving with pita wedges.

Nutrition per serving

167	8 g	7 g	20 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			3.9 g · 24% of daily needs
Fibre			1.1 g · 5% of daily needs
Sugar			2 g · 2% of daily needs
Sodium			486 mg · 21% of daily needs
Cholesterol			25.5 mg · 9% of daily needs
Vitamin C			25.5 mg · 31% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/feta-chile-spread-148414