

STARTER & SNACK

Zesty Feta Dip

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	3	\$4.69	709 kcal

If you have around 45 minutes to spend in the kitchen, Zesty Feta Dip might be an awesome lacto ovo vegetarian recipe to try. This recipe serves 3 and costs \$4.69 per serving. One serving contains 709 calories, 30g of protein, and 47g of fat. It works well as a pretty expensive hor d'oeuvre.

Ingredients

☐ 16 ounces cups crumbled feta cheese	☐ 1 garlic bulb
☐ 3 servings Garnish: chopped green onions	☐ 1 tablespoon olive oil
☐ ¼ teaspoon pepper	☐ 3 servings Miniature pita rounds
☐ 2/3 cup plain yogurt	☐ ¼ teaspoon salt
☐ ½ cup sour cream	☐ 1 slices Fresh sugar snap peas, baby carrots, radishes, broccoli and cauliflower florets, cucumber green onions

EQUIPMENT Food processor, Oven, Aluminum foil

Method

- 1 Cut off pointed end of garlic; place garlic on piece of aluminum foil, and drizzle with oil. Fold foil to seal.
- 2 Bake at 425 for 30 minutes; cool. Squeeze pulp from garlic cloves.
- 3 Process garlic pulp, cheese, and next 4 ingredients in a food processor until smooth, stopping to scrape down sides. Cover and chill at least 2 hours (mixture will thicken as it chills).

- 4 Garnish, if desired.
- 5 Serve with miniature pita rounds and raw vegetables.

Nutrition per serving

709	30 g	47 g	42 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			25.9 g · 162% of daily needs
Fibre			1.5 g · 6% of daily needs
Sugar			4 g · 4% of daily needs
Sodium			2,256 mg · 98% of daily needs
Cholesterol			164 mg · 55% of daily needs
Vitamin C			2.2 mg · 3% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/zesty-feta-dip-148232