Mediterranean Hummus Dip

Ingredients:

(1) 17oz. family size container classic hummus (or 2 smaller containers)
(1) 5.3 oz. container Greek yogurt, plain (smaller individual serving)
(1) 4 oz. container or 1/2 cup feta cheese, crumbled or cubed
1 chopped and diced tomato
1 cucumber, deseeded, chopped into bite sized pieces
¼ cup Kalamata olives cut in half
¼ cup chopped red onion
1 tsp. freshly cracked ground black pepper
Dash of salt
1 tsp. fresh dill, minced
1 T. olive oil
Carrot coins, celery, tortilla chips, pita or pretzels

Directions:
In a small bowl, stir together hummus and Greek yogurt till well mixed. Transfer mixture to a serving platter.
Spread mixture out, top with tomatoes, cucumbers, red onion and olives. Grind pepper and lightly salt over the hummus dip, sprinkle with dill. Drizzle with olive oil. Serve with carrot coins, pretzels or pieces of pita bread.

Yield: 10 servings

Nutritional analysis per serving: (dip portion only) 81 Calories, 4.4 g fat, 4 mg cholesterol, 119 mg sodium, 6 g carbohydrate, 5.3 g protein, 1 g fiber

If you need a reasonable accommodation to participate please contact 815-224-0889. University of Illinois Extension provides equal opportunities in programs and employment. The Mission of University of Illinois Extension is to provide practical education you can trust to help people, businesses and communities solve problems, develop skills and build a better future.”

For more information, please contact Susan Glassman, Extension Educator, Nutrition and Wellness at University of Illinois Extension, 815-224-0889 or susang@illinois.edu. Visit our website at http://web.extension.illinois.edu/blmp/

Serving Bureau, LaSalle, Marshall and Putnam Counties, Extension offices are located in Princeton, Ottawa, and Henry and in Oglesby on the IVCC campus.