

Whipped Feta Dip

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

2-3 cloves of garlic, mashed, or 1 teaspoon garlic paste (See Chef Note)

1/8 teaspoon salt

1/4 cup plain, whole milk Greek yogurt

1 tablespoon minced tarragon

1 1/2 tablespoons O&V [Lemon Vinegar](#) *

1 teaspoon lemon zest, grated

1 tablespoon O&V [Lemon EVOO](#) (plus more for drizzling) *

1/4 cup loosely packed fresh parsley (leaves and small stems only)

1 cup crumbled feta (4 oz)

1/4 teaspoon O&V [Habanero Sauce](#) (more to taste) *

Salt and pepper to taste

Sprinkle of fresh chives, chopped

Preparation

In a food processor, add the mashed garlic and salt, Greek yogurt, tarragon, Lemon vinegar, lemon zest, Lemon EVOO, parsley, crumbled feta, and habanero sauce.

Process until well combined and smooth. Taste and adjust salt and pepper as needed. Allow the flavors to meld for 15 minutes before serving.

Pour into a bowl, top with a sprinkle of fresh chives and a drizzle of additional Lemon EVOO. Serve with grilled baby carrots, zucchini sticks, squash circles, baby peppers and asparagus.

Serves 4-6

Active time 10 minutes Total Time: 10 minutes

Chef Note

A great way to mash garlic cloves is to place them on a wooden chopping board with the salt and mash them with the side of your knife. Adding the salt to it adds friction and helps create a nice mashed clove to add to sauces, dips and more. This takes practice and one should be very careful whenever using a knife. An alternative is to use a flat metal spatula to mash the garlic cloves with salt.

Notes

* The [Lemon EVOO](#) adds wonderful flavor and antioxidants to this dip and along with the [Lemon vinegar](#) that adds nice tart tanginess.

The citrusy flavors combined with the heat and flavor of the [Habanero Sauce](#) prevent the dip from being cloyingly creamy by adding zip and acidity. You can use an [Unflavored Oil](#), lemon juice and a hot sauce of choice, but be sure to use really high-quality ingredients to ensure great flavor.

All highlighted products are available at [Oil & Vinegar stores](#).

Categories: Snacks & Sides, Gluten Free, Vegetarian, Easy Entertaining, Soups & Salad, Creamy Dressing, Lemon Vinegar, Lemon EVOO, Dips, Whipped Feta Dip, Mezze Platter, Habanero Sauce, Mediterranean Diet, Salad Dressing, Marinade,