

SEVEN LAYER GREEK DIP



ingredients:

- 3/4 cup hummus
- 1 1/4 cup fat-free plain Greek yogurt
- 1 Tablespoon fresh lemon juice
- 1 clove garlic, peeled and minced
- 2 teaspoons minced fresh parsley
- 2 teaspoons minced fresh dill weed
- 1/2 teaspoon za'atar spice blend
- 1/2 cup diced seedless cucumber
- 1/2 cup quartered grape tomatoes
- 1/4 cup crumbled feta cheese
- 1/4 cup chopped Kalamata olives
- 3 Tablespoons sliced green onion

directions:

1. On a large round serving platter, spread hummus in a smooth layer, about 8 to 9 inches in diameter.
2. In a bowl, combine yogurt, lemon juice, garlic, parsley, dill weed, and za'atar.
3. Dollop yogurt mixture over hummus and spread evenly, leaving about a 1/2-inch edge of the hummus visible.
4. Top yogurt layer with cucumber, tomatoes, cheese, olives, and onion.
5. Serve with fresh vegetables, whole-wheat pita bread, or baked pita chips.

Yield: 12 servings

Nutrition Information Per Serving:

57 Calories
2.5 grams Fat
0.5 grams Saturated Fat
3 mg Cholesterol
101 mg Sodium
5 grams Carbohydrates
1 gram Fiber
4 grams Protein

Food exchanges:

1 vegetable, 1/2 fat



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