

Creamy Whipped Feta

INGREDIENTS

- 8 oz block feta cheese
- 3/4 cup Greek yogurt
- zest from 1 lemon
- 2 TBL olive oil, more as needed
- 1 tsp red pepper flakes
- 2 TBL chopped fresh mint
- 2 TBL chopped fresh parsley
- 2 TBL toasted pine nuts

DIRECTIONS

1. In the bowl of food processor, combine the feta, Greek yogurt and lemon zest. Put the lid on and blend.
2. While the machine is running, drizzle in the olive oil until the dip is whipped to a smooth and creamy consistency.
3. Transfer the dip to a serving plate or bowl. Make an indentation with your spoon and drizzle more olive oil in the indentation. Top with red pepper, herbs and pine nuts.

- Recipe Credit: <https://www.themediterraneandish.com/creamy-whipped-feta-dip/>



Beet Hummus

INGREDIENTS

- 1 small-medium beet, roasted
- 15 oz can chickpeas, rinsed and drained
- zest of 1 lemon
- juice from 1/2 a lemon, maybe more to taste
- Good pinch salt and pepper
- 2 cloves of garlic
- 2 TBL tahini
- 1/4 cup olive oil

DIRECTIONS

1. Add all of the ingredients to the bowl of a food processor, except for the olive oil.
2. After placing the lid on, turn the food processor on and pulse several times.
3. Turn the processor to "on" and stream in the olive oil.
4. Taste and adjust seasoning.

- Recipe Credit: <https://minimalistbaker.com/roasted-beet-hummus/#wprm-recipe-container-36271>



Creamy Pistachio Dip

INGREDIENTS

- 1 1/2 cups raw, unsalted pistachios
- 1 large shallot, minced
- 1/4 cup champagne or white wine vinegar
- 1 cup mayonnaise
- 2 TBL fresh lemon juice
- 1 large clove garlic, grated
- 1/2 cup olive oil
- 2 cups creme fraiche
- 1/4 cup flat leaf parsley, minced
- 2 TBL minced tarragon
- Salt and pepper to taste

DIRECTIONS

1. Heat the oven to 350 degrees F. Roast pistachios on a large baking sheet until lightly browned, about 8 minutes. Let cool.
2. In a small bowl, combine the shallot and champagne vinegar and let soak for 10 minutes.
3. In a food processor, pulse the toasted pistachios until coarsely ground.
4. In a large bowl, whisk the mayonnaise, lemon juice and garlic. Gradually stream in the olive oil while whisking. Whisk until thickened.
5. DRAIN THE SHALLOTS and discard the vinegar.
6. Add the drained shallots, creme fraiche, parsley, tarragon and ground pistachios to the mayonnaise mixture. Stir to combine. Taste and season as needed.

- Recipe Credit: <https://www.foodandwine.com/recipes/crudites-creamy-pistachio-dip>



White bean pesto dip

INGREDIENTS

- 2 cans white cannellini beans, rinsed and drained
- 1/2 cup tahini
- 1/4 cup lemon juice
- 2 cloves garlic
- 1 tsp. kosher salt
- 1/4 cup olive oil
- Pesto

DIRECTIONS

1. In a food processor, combine the beans, tahini, lemon juice, garlic and salt. Pulse several times to combine.
2. Turn the processor on and stream the oil in through the feed tube. Process until light and airy.
3. Portion into bowl(s) and top with a dollop of pesto.

- Recipe Credit: <https://www.washingtonpost.com/recipes/white-bean-hummus-lemony-pesto-and-crudites/>

