

# Mediterranean Greek Yogurt Dip

## Ingredients:

- 2 cups plain Greek yogurt
- 1 cup black olives, chopped
- 1 roasted red pepper, chopped
- 1 cup low-fat feta cheese, crumbled
- 1/2 cup parsley, chopped
- 1 lemon, juiced and graded zest
- 2 tablespoons olive oil
- Salt and pepper to taste
- Pita chips for serving

## Directions

1. Spread plain Greek yogurt over a shallow serving platter or dish, sprinkle with salt and pepper. Using back of a spoon, swirl seasonings into yogurt.
2. Top with olives, roasted red peppers, feta cheese, and parsley. Squeeze lemon juice over entire dish.
3. Sprinkle with lemon zest, drizzle with olive oil, and top with additional salt and pepper.
4. Serve with pita chips.

## Nutrition Facts

Serving Size (117g)  
Servings Per Container 8

Amount Per Serving

**Calories** 130      **Calories from Fat** 80

% Daily Value\*

**Total Fat** 9g      **14%**

Saturated Fat 2g      **10%**

Trans Fat 0g

**Cholesterol** 10mg      **3%**

**Sodium** 380mg      **16%**

**Total Carbohydrate** 5g      **2%**

Dietary Fiber 1g      **4%**

Sugars 3g

**Protein** 10g

Vitamin A 20%      • Vitamin C 40%

Calcium 10%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

