

Feta and Olive Oil Dip

8 oz. feta, crumbled
1/4 c. milk
1/4 c. olive oil
minced fresh jalapeno to taste
1 lemon, zested

- 1) In a blender or food processor, mix the feta with the milk until grainy. With the blender running, slowly add the olive oil and blend to a glossy cream. Remove and place in a bowl.
- 2) Stir in the minced jalapeños and lemon zest. Season with salt and pepper.
- 3) Serve with pita chips, flatbread or vegetable crudite.

Nutrition (per serving based on 8 servings): 138.9 calories; 82% calories from fat; 12.9g total fat; 25.8mg cholesterol; 319.8mg sodium; 32.2mg potassium; 1.7g carbohydrates; 0.1g fiber; 1.6g sugar; 1.6g net carbs; 4.3g protein.