



## Feta Whip Dip

By Dylan Sabuco

**Prep Time 5 / Cook Time / Serves 4 - 6**

## Fun-Da-Mentals Kitchen Skills

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

## Equipment

- Medium bowl
- Cutting board
- Kid-safe knife
- Zester (or grater with small zesting plate/side)
- Dry measuring cups
- Measuring spoons
- Whisk

## Ingredients

### Feta Whip Dip

- 1/2 lemon, zested and juiced
- 1 C plain Greek yogurt **\*\* (for DAIRY ALLERGY sub plain coconut or soy-based yogurt)\*\***
- 1/2 C feta cheese **\*\* (for DAIRY ALLERGY sub 1/4 C nutritional yeast + 1 pinch salt)\*\***
- 1 pinch ground black pepper
- 1 pinch garlic powder

1 pinch dried oregano

2 tsp honey

## Food Allergen Substitutions

### Feta Whip Dip

**Dairy:** Substitute plain coconut or soy-based yogurt for plain Greek yogurt. For 1/2 C feta cheese, substitute 1/4 C nutritional yeast + 1 pinch of salt.

## Instructions

### Feta Whip Dip

#### zest + juice

Zest and juice **1/2 lemon** into a medium bowl.

#### measure + whisk

Measure and add **1 cup plain Greek yogurt, 1/2 cup feta cheese, 1 pinch of black pepper, 1 pinch of garlic powder, 1 pinch of oregano,** and **2 teaspoons honey** to the medium bowl with the lemon zest and juice. Whisk until all the ingredients are well combined. Then, whisk some more! You want to whisk until the feta starts to break apart into tiny pieces.

#### dip + dunk

Serve alongside **Turkish Sweet Pepper Kid Kabobs** and **Roasted Za'atar Honeyed Carrots**. You can dunk either one or both into your dip! Cheers!

## Featured Ingredient: Feta!

Hi! I'm Feta!

"I'm a salty Greek cheese! In Greek, my name means "slice." I'm great on a Greek salad or pizza, go well with olives and pita wedges, and add a wonderful tangy flavor to scrambled eggs!"

Feta goes back to at least the 8th century BCE. Homer writes about the cheese in his epic poem, the "Odyssey."

To be called "feta," a cheese must be produced in Greece and have the correct amount of sheep's milk: 70 to 100 percent. It also must be cured for at least three months in brine.

"Feta" is a legal designation similar to Champagne or Roquefort. Romania, Bulgaria, France, and Denmark, among others, make similar cheeses, but they can't be called "feta."

In the United States, Greek-style "feta" refers to an American-made crumbly, white, brined cheese made from cow's milk.

Feta cheese can be made from the milk of sheep or sheep and goat (no more than 30 percent can be goat's milk).

Feta cheese is about 25 percent fat, of which about two-thirds is saturated.

Feta is high in calcium and vitamin B12.

A 1.25-ounce cube of feta cheese has about 100 calories.