

Loaded Greek Hummus Dip

Meal time: Lunch/ Dinner

Meal course: Starter

Meal type: Vegetarian

Country of Origin: Greece

Difficulty: Easy

Servings: 6-8

Total time: 15 minutes

Ingredients

1 garlic clove
 Pita chips or tortilla chips, for serving
 1 (400 g) can chickpea, drained and rinsed
 45 g kalamata olives, pitted and chopped
 80 g tahini
 100 g cherry tomatoes, diced
 100 g crumbled feta cheese, divided
 100 g cucumber, diced
 3 tablespoons extra-virgin olive oil, plus more for drizzling
 Freshly ground black pepper, to taste
 3 tablespoons fresh lemon juice, plus more for serving
 Kosher salt
 2 tablespoons fresh dill sprigs

Nutrition Facts

	Amount per serving
Calories	186
Total Fat	13.7g
Saturated Fat	2.7g
Cholesterol	8 mg
Sodium	197 mg
Total Carbohydrate	12 g
Dietary fibre	3 g
Total Sugars	3 g
Protein	5 g
Vitamin D	2 IU
Calcium	110 mg
Iron	1.64 mg
Potassium	115 mg

Instructions

1. Add chickpeas to a food processor along with tahini, 3 tablespoons olive oil, 3 tablespoons fresh lemon juice, 2 tablespoons fresh dill sprigs, 3 tablespoons water, garlic clove, and feta. Blitz to combine until smooth, scraping down the sides, if needed.
2. Season with pepper and salt.
3. Transfer to a serving bowl and top with olives, tomatoes, cucumbers and leftover feta cheese. Season with pepper and salt.
4. Finish with a drizzle of lemon juice and olive oil and serve with pita.

Notes: you can store hummus in a freezer for up to six-eight months. Give it a good stir after you thaw it as hummus will slightly change the texture. This recipe is loaded with healthy fats and vitamins.