



NWA FARMERS' MARKET ALLIANCE



CREAMY FETA DIP

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INGREDIENTS

Feta Dip Ingredients:

- 8oz feta
- 8oz 0% fat Greek yogurt
- 8oz sour cream
- 4 large garlic cloves
- 2 tablespoons olive oil

Tomato Topping Ingredients:

- 1.5 - 2 cups diced tomatoes
- .5 - 1 cup of sweet red onion
- 1 tablespoon of lemon juice (plus more for personal taste)
- 2 teaspoons of sea salt (plus more for personal taste)
- 2 tablespoons of balsamic vinegar (plus more for personal taste)
- 2 tablespoons of olive oil
- 1 big bunch of fresh basil

Sweet Banana Pepper Topping Ingredients

- 1.5 - 2 cups sliced sweet banana peppers
- 1 - 1.5 cups sweet red onion
- 1/2 teaspoon of sea salt (plus more for personal taste)
- 2 tablespoons of avocado oil

Dipping Bread

- 1-2 loaves of freshly baked bread, sliced 1/2 inch thick and toasted with a little olive oil or avocado oil



INSTRUCTIONS

Directions:

1. In a food processor combine the feta, Greek yogurt, sour cream, minced garlic, olive oil and blend until creamy.
 - Set dip aside in the refrigerator
2. Slice bread 1/2 an inch thick, brush with olive oil, and lightly toast - set aside
3. Dice or mince tomatoes, mince red onion, thinly slice basil, toss together with one tablespoon of lemon juice, sea salt, balsamic vinegar, and olive oil (adjust for personal taste).
 - Set topping aside to rest
4. Dice banana peppers, cut your red onion in half, and then thinly slice
5. Heat a large pan on medium heat, once hot, add two tablespoons of avocado oil and then add the banana peppers
 - Sautee for about two minutes, then add the red onion and sautee until you see slightly golden edges
 - Season the pepper mixture with salt and remove from heat
6. Remove your feta dip from the refrigerator and divide into two serving bowls, top the feta dip with your two toppings and serve with the toasted sliced of bread