

Yogurt Cheese



Nutritional Info

Servings size: 2 tbsp

Amount Per Serving

Calories: 33

Total Fat: 1g

Carbs: 3g

Protein: 3g

Ingredients

- 1/4 cup chopped roasted red sweet pepper
- 1/4 cup crumbled reduced-fat feta cheese
- 2 Tbsp. thinly sliced green onion
- 2 Tbsp. chopped pitted kalamata or black olives
- 2 Tbsp. snipped fresh Italian (flat-leaf) parsley
- 2 tsp. snipped fresh oregano or 1/2 teaspoon dried oregano, crushed

Directions

1. In a small bowl combine Yogurt Cheese, sweet pepper, feta cheese, green onion, olives, parsley, and oregano. Cover and chill up to 24 hours. Stir before serving. Serve with dippers. Makes 12 (2-tablespoon) servings.
2. Yogurt Cheese: Suspend a sieve or colander over a bowl. Line sieve or colander with three layers of 100 percent cotton cheesecloth or paper coffee filter. Spoon in one 16-ounce carton plain low-fat yogurt. Refrigerate, covered with plastic wrap, at least 24 hours. Remove; drain and discard liquid. Refrigerate yogurt cheese, covered, up to 1 week. Makes about 1 cup.

Dippers:

Toasted pita bread, whole grain crackers, carrot sticks, broccoli florets, cucumber spears, or sweet pepper strips