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Walnut-Feta Yogurt Dip

Prep Time: 25 mins

Total Time: 25 mins

Ingredients

- 4 cup(s) yogurt, low-fat plain
- 1/2 cup(s) cheese, feta, crumbled
- 1/3 cup(s) nuts, walnuts
- 2 tablespoon tomato(es), sun-dried, snipped (not oil packed)
- 2 teaspoon oregano, fresh, or 1 teaspoon dried
- 1/4 teaspoon salt
- 1/8 teaspoon pepper, black
- nuts, walnuts, halves

Recipe Tip:

Chill 24 hours, plus 1 hour.

Preparation

1. For yogurt cheese, line a yogurt strainer, sieve, or small colander with 3 layers of 100%-cotton cheesecloth or a clean paper coffee filter. Suspend lined strainer over a bowl. Spoon yogurt into strainer. Cover with plastic wrap. Chill for at least 24 hours or up to 48 hours. Remove from refrigerator. Discard liquid in bowl.

2. Transfer yogurt cheese to a medium bowl. Stir in feta cheese, the chopped walnuts or pine nuts, dried tomatoes, oregano or marjoram, salt, and pepper. Cover and chill for at least 1 hour or up to 24 hours. If desired, garnish with walnut half. Serve with assorted vegetable dippers.

Makes 2 cups