

Greek Layered Dip

This fresh and flavorful Greek-inspired dip is a lighter alternative to heavier options, and it comes together in minutes. Packed with wholesome ingredients, it features layers of hummus, creamy yogurt, crisp cucumbers, juicy tomatoes, tangy red onion, briny olives, and savory feta. The hummus adds a boost of protein, and the recipe can easily be adapted to be dairy-free or vegan. Perfect for parties—just grab a chip and dig in!

Prep: 20 minutes

Ingredients

Here are the seven layers in this easy Greek dip:

1. Hummus: The bottom layer is hummus. If you have the time, make the hummus from scratch. If not, use your favorite store-bought hummus. You could also switch it up by using flavored hummus, like red pepper or garlic.
2. Yogurt: Combine the Greek yogurt, garlic, dill, lemon juice, salt, and ground pepper. You could also make this layer with tzatziki. If you don't eat dairy or want to keep it vegan, skip the yogurt and add more hummus.
3. Red Onion: Sub green onions or shallot.
4. Cucumber: Use a seedless English cucumber since they're less watery. If you only have regular cucumbers, cut out the seeds.
5. Tomatoes: Swap Roma tomatoes with cherry or grape tomatoes.
6. Feta: Feta cheese adds a salty, tangy flavor to the dip.
7. Kalamata Olives: Finish the dip with sliced kalamatas. If you only have black olives, those will work too.



Directions:

Layer all the ingredients, starting with the hummus and ending with the olives in an 8" x 8" or 7" x 11" glass dish. Enjoy the dip with whole wheat pita chips, baked corn chips or gluten-free crackers or carrot and celery sticks for a low-carb option.

<https://www.skinnytaste.com/greek-7-layer-dip/>

Serving size: 1/4th cup: Cals: 93 Protein: 5 gm Carbs: 7gm Fat: 5gm Fiber: 1.5gm