



mediterranean dip;

1. (meh-dee-tur-eh-nee-ahn deep) *noun*. Hummus and greek yogurt dip sprinkled throughout with veggies and some spices.
2. Produces 10 servings.
3. Preparation 20 mins.
4. Oven temperature set to --.

Ingredients;

- | | |
|---------------------------------|------------------------------|
| 10oz hummus* | 2 c. plain greek yogurt |
| $\frac{1}{2}$ tomato | 10 artichoke hearts |
| 2-3 inches cucumber | $\frac{1}{4}$ c. feta cheese |
| 1 tsp. (smoked or regular) salt | 1 tsp. paprika |

*suggested: roasted red pepper

Instructions;

1. Chop tomato, cucumber, and artichoke hearts separately and set aside.
2. Construct dip by adding the hummus to a pie dish (or other dish) and spreading out evenly across the bottom.
3. Sprinkle about half of the tomato and cucumber over the hummus, then top with greek yogurt, using a spatula to lightly spread to cover the dish.
4. Top with paprika and half of the salt, then layer the artichoke hearts and the remaining tomato and cucumber.
5. Top with crumbled feta cheese, and a last sprinkling of salt.
6. Serve with pita chips, crackers, and/or fresh vegetables.