Feta Spread

Adapted from a Cat Cora recipe, from Southern Living, 4/2010



In the Greek, this is called Htipiti. I've added some ingredients that aren't authentic, however (capers, sour cream).

1/2 pound feta cheese, crumbled and select a LESS salty type if possible

2 tablespoons olive oil

2 dashes red chili flakes

1 clove garlic, minced

1 teaspoon oregano, finely chopped

Freshly ground black pepper

1 lemon, juiced

1/4 cup sour cream

1 tablespoon capers, chopped

Toasted pita chips, as an accompaniment

Extra virgin olive oil to drizzle on top

More red chili flakes for garnish

Serving Ideas: If you have leftovers, you can thin it out with milk or half and half and make a sauce that would taste great on grilled fish, or even as a spread for sandwiches.

Carolyn T's Blog - Tasting Spoons: http://tastingspoons.com

Servings: 8

1. In a food processor, mix together the feta, olive oil, chiles, garlic, oregano, sour cream and black pepper. Blend on low speed for 15-20 pulses. Add in lemon juice and capers and pulse the mixture until completely combined.
2. Pour into a bowl, cover and refrigerate for at least 1 hour or until ready to use. Garnish with a drizzle of EVOO and sprinkle with additional red chili flakes. Serve with toasted pita chips or pita crackers.

Yield: 1 cup

Per Serving (excluding unknown items): 123 Calories; 11g Fat (78.2% calories from fat); 4g Protein; 2g Carbohydrate; trace Dietary Fiber; 28mg Cholesterol; 331mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.