



THE ingles TABLE

with Lindsay Moore
Skinny Greek Layer Dip

Shopping List

- 10-ounce container of hummus
- 1/2 cup plain non-fat Greek yogurt
- 1 tomato, diced
- 1/2 cup diced, seeded cucumber
- 1/3 cup crumbled feta cheese
- 1/4 cup pitted Kalamata olives, chopped
- 2 tablespoons finely chopped fresh parsley
- Pita chips and fresh bell peppers for serving

Cooking Instructions

- 1)** Spread the hummus in a smooth layer in the bottom of an 8x8-inch square baking dish.
- 2)** Place small spoonfuls of Greek yogurt over the top, then spread to create a new layer.
- 3)** Scatter the tomato, cucumber, feta, and olives over the top of the yogurt. Sprinkle with fresh parsley.
- 4)** Refrigerate until ready to serve. Enjoy with pita chips and sliced veggies!



ingles-markets.com | inglestable.com