GREEK · SAUCE

# Creamy Greek Dressing with Feta, Yoghurt and Oregano

5 min · Makes 5 × 2 tbsp · 115 kcal a portion · Video 4:26 · The Domestic Geek

Vegetarian · Gluten-free ingredients · Nut-free

Yoghurt and extra-virgin olive oil make it creamy without mayonnaise, and a 2-tbsp portion has only about 1 g of net carbs, so it fits keto; most of the fat is the monounsaturated kind from olive oil.

**Diet notes:** Keto (1.2 g net carbs a serve).

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## Ingredients

8 · MAKES 5 × 2 TBSP

- ☐ ¼ cup **full-fat Greek yoghurt**
- ☐ ¼ cup **extra-virgin olive oil**
- ☐ 1 tbsp crumbled **feta**
- ☐ 1 **garlic** clove, puréed
- ☐ 2 tbsp **lemon juice**
- ☐ ¼ tsp **dried oregano**
- ☐ a pinch of **salt**
- ☐ a pinch of **black pepper**

**Contains:** Milk. Check labels on stock, sauces and spice mixes.

## Method

TIMES = THE MOMENT IN THE VIDEO

1. Spoon the Greek yoghurt into a jar, then add the olive oil. 3:14
2. Add the crumbled feta, puréed garlic and lemon juice, then the oregano and a pinch each of salt and pepper (go easy on the salt, as feta is salty). 3:25
3. Put the lid on and shake hard until creamy; small pieces of feta will still show. 3:53
4. Pour over a Greek-style salad, or use it to marinate chicken or lamb. Add more garlic or feta to taste. 4:00

**Tip** Non-fat Greek yoghurt also works if you prefer it. Makes about ⅔ cup.

The method is a summary in our words — the video shows every step.

## One portion (2 tbsp) gives you

1 OF 5 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 115 kcal | 1.4 g | 1.2 g | 0.1 g | 12 g | 60 mg |
| 480 kJ | 3% of a day | 1.2 g net · 0.7 g sugars | 0% of a day | 2.2 g saturated | 3% of a day |
| | | 0% of a day | | 15% of a day | |

**Energy from** net carbs 4% · protein 5% · fat 91% — fits keto: 1.2 g net carbs, 91% of the energy from fat

**Source of** (10–19%) Vitamin E 11%

**Recipe and video:** The Domestic Geek (@thedomesticgeek1) on YouTube — youtube.com/watch?v=cjlv95oTREU, published 12 May 2014. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/creamy-greek-feta-yoghurt-dressing