GREEK · SNACK · SIDE

Mediterranean White Bean Dip with Feta and Sun-Dried Tomato

15 min · Makes 6 × 6 tbsp (about 100 g) · 222 kcal a portion · Video 6:26 · Dimitra's Dishes

Vegetarian · Gluten-free ingredients · Nut-free

White beans make the base, so each serve gives about 7.5 g of protein and 3 g of fibre, with olive oil, lemon and herbs for flavour and no added sugar. A source of calcium from the feta.

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Ingredients

13 · MAKES 6 × 6 TBSP (ABOUT 100 G)

- [ ] 2 **garlic** cloves
- [ ] 6 **oil-packed sun-dried tomatoes** (about ¼ cup; keep 2 for garnish)
- [ ] ¼ cup **olive oil** (including the oil from the sun-dried tomato jar)
- [ ] 1 × 15 oz can **white beans** (Great Northern or cannellini), rinsed and drained
- [ ] 4 oz **feta cheese**, crumbled
- [ ] a pinch of **crushed red pepper flakes**, plus a few to garnish
- [ ] 3–4 tbsp **fresh lemon juice**
- [ ] ¼ cup **water**
- [ ] a little **salt**, to taste
- [ ] 1 tsp **dried oregano**
- [ ] a drizzle of **olive oil** (extra virgin), to serve (about 2 tsp)
- [ ] 1 tbsp **capers**, to serve (optional)
- [ ] a little extra crumbled **feta**, to serve

Amounts in US units, converted from the cook's and rounded — the video has the originals.

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

Method

TIMES = THE MOMENT IN THE VIDEO

1. Pulse the garlic in a food processor until finely minced. Add most of the sun-dried tomatoes (keep 2 for garnish) with their oil, topped up with olive oil to ¼ cup, and pulse until finely chopped. 0:35
2. Add the drained beans, crumbled feta and a pinch of chilli flakes and blend until smooth, scraping down the sides. 1:22
3. Add the lemon juice, water, oregano and a little salt and blend again until creamy. Taste: add more salt, lemon or water to get the flavour and thickness you like. 2:44
4. Spread in a shallow dish. Drizzle with olive oil and top with capers, chilli flakes, the reserved sun-dried tomatoes (sliced) and a little crumbled feta. 3:53
5. Serve with pita, toasted bread or sliced peppers, cucumbers and other raw vegetables.

> **Tip** For a vegan dip leave out the feta and add a little more salt. Roasted red peppers can replace the sun-dried tomatoes, and Kalamata olives the capers. Keeps 4 days in the fridge.

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

One portion, 6 tbsp (about 100 g), gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
222 kcal 930 kJ	7.5 g 15% of a day	14 g 11 g net · 2 g sugars 5% of a day

FIBRE	FAT	SODIUM
3.1 g 11% of a day	16 g 4.8 g saturated 20% of a day	310 mg 14% of a day

Energy from net carbs 20% · protein 14% · fat 66% — low carb (under 26% of the energy from carbs)

Source of (10–19%) Vitamin B12 15% · Vitamin E 13% · Calcium 12% · Zinc 12% · Omega-3 12% · Iron 11% · Folate 11% · Vitamin C 10% · Vitamin B6 10%

Recipe and video: Dimitra's Dishes (@DimitrasDishes) on YouTube — youtube.com/watch?v=bs2-FkTFW3U, published 25 March 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, 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/white-bean-feta-sundried-tomato-dip