

Herbed Labneh Dip

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2 cups labneh (or plain Greek yogurt)
1/4 cup chopped parsley
1/4 cup chopped dill
1/4 cup chopped scallions
1 teaspoon lemon zest
1 teaspoon dried mint
1/2 teaspoon red pepper flakes
1/2 teaspoon Kosher salt
1 clove garlic, grated
olive oil (to drizzle)
za'atar (Middle Eastern spice blend)

In a bowl, mix the labneh, parsley, dill, scallions, lemon zest, mint, red pepper flakes, Kosher salt and garlic.

Drizzle with olive oil and sprinkle with the za'atar.

Per Serving (excluding unknown items): 19 Calories; trace Fat (6.7% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 953mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit.