

Appetizers

Feta Cheese Spread

Sara Baer-Sinnott - Relish Magazine April 2012

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Servings: 4

1/2 pound feta cheese

juice of 1/2 lemon

1 tablespoon extra-virgin olive oil

2 tablespoons fresh oregano, chopped

1/4 teaspoon coarse salt

freshly ground black pepper

Preheat the oven to 400 degrees.

Place the feta cheese in an oven-proof dish.

In a bowl, mix the lemon juice, olive oil, oregano, salt and pepper. Spread over the cheese.

Cover with aluminum foil.

Bake for 20 minutes.

Serve hot, spreading the melted feta on crackers or whole-grain toast.

Per Serving (excluding unknown items): 180 Calories; 15g Fat (76.8% calories from fat); 8g Protein; 2g Carbohydrate; trace Dietary Fiber; 51mg Cholesterol; 751mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 2 1/2 Fat.