

FETA and CUCUMBER DIP

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12 ounces feta cheese, preferably sheep or goat, drained
4 Persian cucumbers, seeded and minced
½ cup finely chopped mild white onion, green onion or shallot
¼ cup freshly squeezed lemon juice
¼ cup unrefined cold-pressed extra virgin olive oil
1 Tablespoon fresh mint leaves (or more to taste), chopped
sea salt (if you need it) and freshly ground black pepper to taste

Pita Chips:

Whole wheat pita bread
Unrefined cold-pressed extra virgin olive oil
Zhatar or sea salt for sprinkling*
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1. Crush cheese with a fork in a bowl. Add onion, lemon juice, olive oil and cucumber. Mix to combine.
2. Add mint, salt and pepper to taste. Refrigerate until ready to serve.
3. Preheat oven to 350 degrees. Place pita on a large cutting board. Split pita in half so you have two large whole thin rounds.
4. Pour about ¼ cup olive oil in a small bowl. Brush olive oil on both sides of pita bread. Stack rounds and cut into eighths or sixths, as you like. Arrange in one layer on a large baking sheet or two.
5. Sprinkle with Zahtar or sea salt and bake until crispy, about 10-20 minutes.
6. Serve dip with pita chips and/or raw veggies.

Notes: You can leave out the cucumber and serve the dip in hollowed out cucumber “cups.” You can also put some of the dip in seeded cherry tomatoes.

***DIY Zhatar:** ¼ cup sesame seeds (raw or toasted), ¼ cup sumac, 2 Tbsp. dried thyme, 1 Tbsp. dried oregano