Skinny Greek Layer Dip

12 | 5 min | 15 min | Difficulty

INGREDIENTS

- 1 container hummus — (10 ounces) your favorite flavor
- 1/2 cup plain non-fat Greek yogurt
- 1 tomato, — diced
- 1/2 cup seeded cucumber, — diced
- 1/3 cup crumbled feta cheese
- 1/4 cup pitted Kalamata olives — chopped
- 2 tablespoons finely chopped fresh parsley
- Pita chips for serving

*carrots, broccoli, sliced bell peppers, or crackers also are delicious for serving

INSTRUCTIONS

1. Spread the hummus in a smooth layer in the bottom of an 8x8-inch square baking dish, a shallow pie dish, or similar serving dish. Dollop the Greek yogurt by small spoonfuls over the top, then gently spread to create a new layer.

2. Scatter the tomato, cucumber, feta, and olives over the top. Sprinkle with fresh parsley. Refrigerate until ready to serve, then dip with pita chips, crackers, and sliced veggies as desired.