

# MEDITERRANEAN HUMMUS DIP

*Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian*

Serves: 10 (Serving= about 1/4 cup)

## Nutrition (per serving)

Calories: 71

Total Fat: 5 g

Saturated Fat: 1 g

Sodium: 189 mg

Total Carbohydrate: 4 g

Dietary Fiber: 1 g

Protein: 2 g



## Ingredients

- 7 ounce container Greek or black olive flavored hummus
- ¼ cup light sour cream
- 1/3 cup feta cheese
- 1- 2.25 ounce can black olives, drained and rinsed
- ¼ cup chopped cherry tomatoes
- 2 Tablespoons minced bell pepper
- 2 Tablespoons minced red onion
- 2 Tablespoons diced cucumber
- 2 Tablespoons capers, drained and rinsed
- Chopped fresh flat leaf or Italian parsley to garnish



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## Directions

1. Spread hummus on a medium plate and lightly spread sour cream on top.
2. Sprinkle with feta cheese.
3. In a small bowl combine olives, tomatoes, bell pepper, onion, cucumber, and capers.
4. Top hummus mixture with veggie mixture and garnish with fresh parsley.
5. Serve with whole wheat pita chips or carrots/celery sticks.