

# Herbed Ricotta Dip with Spring Vegetables

Yield: 5 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-fava-spread-recipe>

## Ingredients:

- 1 pound ricotta absolute best-quality, the caliber of this single ingredient will make or break your dip
- 1 garlic cloves peeled and crushed or grated
- 1 tablespoon fresh chives snipped
- 2 tablespoons finely chopped fresh parsley
- 1 tablespoon chopped fresh mint finely
- 1 lemon both the grated zest and a good squeeze of lemon
- 3 tablespoons olive oil
- salt
- ground black pepper
- sugar pea topped and tailed
- favas peeled
- radishes whether French breakfast or otherwise, scrubbed
- baby carrots scrubbed
- cherry tomatoes in any hue
- black olives

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 45 milligrams
4. Fat: 20 grams
5. Fiber: 2 grams
6. Protein: 11 grams
7. SaturatedFat: 8 grams
8. Sodium: 280 milligrams
9. Sugar: 1 grams

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