

# Greek Layered Hummus Dip

Yield: 8 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-layered-dip-recipe>

## Ingredients:

- 17 ounces hummus prepared
- 1 1/2 cups plain greek yogurt
- 1/2 cup English cucumber pieces, seeded before diced
- 1/4 cup roasted red peppers chopped
- 1/4 cup pitted kalamata olives chopped
- 1/4 cup red onion diced
- 1 tablespoon olive oil plus extra for drizzling
- 1 tablespoon parsley leaves fresh chopped
- 1/4 teaspoon salt
- 1/2 teaspoon fresh ground black pepper
- 1 ounce crumbled feta cheese
- 2 tablespoons toasted pine nuts
- pita wedges pita bread, or baked pita chips
- cucumber slices
- carrots
- celery
- crackers
- sandwiches use as a spread on

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 10 milligrams
4. Fat: 12 grams
5. Fiber: 5 grams
6. Protein: 8 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 500 milligrams
9. Sugar: 4 grams

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