

Hungarian Dip or Spread with Feta, Paprika and Caraway Seeds

1	10 oz	feta cheese, drained	1	tsp	fresh thyme, finely chopped
1	10 oz	cottage cheese	1/2	tsp	paprika
1/2	cup	sour cream	1	small	small red onion
1/2	cup	mayonnaise	1/2	tsp	extra-virgin olive oil
1	Tbs	fresh lemon juice	1/2	tsp	caraway seeds, roughly ground
1	clove	minced	1	Tbsp	melted butter
1/4	tsp	black pepper			Salt and black pepper to taste
1	tsp	fresh parsley finely parsley			

- 1 Place 12 ounces of the feta in a food processor. Crumble remaining 4 ounces; set aside.
- 2 Add cream cheese, sour cream, mayonnaise, red onion, lemon juice, garlic, caraway seed and pepper to processor
- 3 Process until combined and creamy, about 1 minute
- 4 Transfer to a medium bowl, and gently stir in parsley, thyme, and remaining crumbled feta. Chill until ready to serve.
- 5 Just before serving, sprinkle with paprika and parsley
- 6 Serve on bread or crackers or with raw vegetable sticks

Servings: 10
Yield: 10

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 15 minutes
Cooking Time: 15 minutes
Total Time: 30 minutes

Nutrition Facts

Serving size: 1/10 of a recipe (1.4 ounces).
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information calculated from recipe ingredients.



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Amount Per Serving	
Calories	115.38
Calories From Fat (74%)	85.86
% Daily Value	
Total Fat 9.75g	15%
Saturated Fat 3.33g	17%
Cholesterol 14.89mg	5%
Sodium 180.03mg	8%
Potassium 38.89mg	1%
Total Carbohydrates 6.14g	2%
Fiber 0.27g	1%
Sugar 1.72g	
Protein 1.46g	3%

<http://www.hungariancooking.com/>