

# Mediterranean Dressing with U.S. Feta

Made with U.S. feta and fresh herbs, this dressing is perfect for salads as well as marinades.



## INGREDIENTS

(Makes about 500ml)

Garlic Cloves, chopped	10g
Red Onion, chopped	30g
Salt	4g
Black Pepper, ground	2g
Fresh Thyme, minced	2g
Fresh Oregano, minced	6g
Dijon Mustard	20ml
Honey	60ml
Red Wine Vinegar	80ml
Olive Oil, divided	240ml
Roasted Red Peppers, minced	50g
<b>U.S. Feta, crumbled small</b>	<b>120g</b>

## NUTRITIONAL CONTENT

Per 100g

<b>Calories</b>	414kcal
<b>Total Fat</b>	39g
Saturated Fat	8g
Trans Fat	0g
Cholesterol	17mg
<b>Total Carbohydrates</b>	14g
Dietary Fiber	1g
Sugars	11g
<b>Protein</b>	3g
Calcium	111mg
Magnesium	7mg
Phosphorus	70mg
Potassium	40mg
Sodium	519mg
Iron	1mg
Vitamin A	167IU
Vitamin C	4mg

## PREPARATION

1. Place garlic cloves, red onions, salt, pepper, thyme, and oregano in a food processor or blender and pulse until minced.
2. Pour in mustard, honey, red wine vinegar, and  $\frac{1}{4}$  of the olive oil. Pulse until almost smooth.
3. Drizzle in the remaining olive oil while running to incorporate.
4. Pour in the red peppers and feta. Gently pulse a few times, being careful to keep the mixture chunky.

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on [ThinkUSAdairy.org](http://ThinkUSAdairy.org), including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2015 U.S. Dairy Export Council.