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
- U.S. Feta, crumbled small: 120g

Nutritional Content

Per 100g

- Calories: 414kcal
- Total Fat: 39g
- Saturated Fat: 8g
- Trans Fat: 0g
- Cholesterol: 17mg
- Total Carbohydrates: 14g
- Dietary Fiber: 1g
- Sugars: 11g
- Protein: 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 ¼ 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, 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.