

Yogurt Dip with Dill and Feta

Here's a dip that works in my house as a substitute for ranch dressing—only there are some undeniable nutritional benefits going on here. For something that tends more toward the “spread” category, add a handful of pitted kalamata olives, and whirl the whole thing in a food processor before serving.

Serve the dip with fresh carrots, cucumbers, baby zucchini, bell peppers, or crackers.

Time: 10 minutes active time

Makes: About 1 cup

7 ounces full-fat Greek-style yogurt

1/4 cup crumbled feta cheese

2 tablespoons chopped fresh dill

Juice of 1/2 large lemon

Salt and freshly ground pepper

Combine all the ingredients in a small bowl, using a fork to smash the feta into tiny pieces. Serve or chill up to 1 week.