

## WHIPPED HONEY-CITRUS FETA + TOMATO-PEACH SALAD

Honey and orange are used to sweeten this whipped feta, served with a tomato-peach salad

 10 minutes 10 minutes 12 portions

### INGREDIENTS

- 6 tbsps cream cheese, softened (room temperature)
- 8 oz feta cheese (block, not pre-crumbled, room temperature)
- 3 tbsps honey, divided
- Juice and zest from two oranges (about 1/2 cup juice and 2 tbsp zest)
- 2 medium ripe peaches
- 1 large heirloom tomato, or 2 smaller red tomatoes
- 1 tbsp olive oil
- 1/2 tsp Kosher salt
- 1/2 tsp freshly ground black pepper
- 1 tbsp fresh mint, torn or roughly chopped
- sliced apples and gluten-free crackers for serving

### COOKING METHOD

- <sup>1°</sup> In a food processor, combine the feta, cream cheese, 2 tablespoons honey, and the orange juice and zest until smooth. Transfer to serving bowl. Can be made in advance and chilled, up to two days.
- <sup>2°</sup> Dice the peaches and tomatoes, toss with the remaining tablespoon honey, olive oil, salt, pepper, and mint, and toss to combine.
- <sup>3°</sup> To serve, top the feta with the peach-tomato salad.

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (93 g)	% DRI
ENERGY	134 kcal	124 kcal	6 %
FAT	8 g	8 g	12 %
FATTY ACIDS, TOTAL SATURATED	4 g	4 g	21 %
CHOLESTEROL	26 mg	24 mg	8 %
SODIUM	363 mg	336 mg	14 %
CARBOHYDRATE	12 g	11 g	4 %
SUGARS	10 g	9 g	—
FIBER	1 g	1 g	3 %
PROTEIN	4 g	4 g	—