



**!** Feta is a lower calorie cheese, coming in under 75 calories per 1 oz serving.



# FETA BITES

with Lemony Yogurt Dip

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## PREP TIME

30 minutes



## RECIPE INFO

Makes 16 Bites

## INGREDIENTS

### Feta Bites:

- 1 lb feta
- ½ cup flour
- ½ Tbsp mango habanero seasoning
- 1 egg, whisked
- Vegetable oil for frying

### Dip:

- 3 Tbsp lemon juice
- 1 cup plain Greek yogurt
- 2 tsp lemon zest

Set aside half of the lemon zest. Mix remaining ingredients together. Top with remaining lemon zest.

## DIRECTIONS

Heat vegetable oil to 350F. Mix flour and mango habanero seasoning. Slice feta into 1-inch cubes. Coat each feta cube in whisked egg and then coat in seasoned flour mixture. Fry in batches for 2 minutes or until golden brown. Remove from fryer and drain immediately on paper towel. Enjoy with the lemony yogurt dip!