The swap: Heavy cream or cream cheese → Nonfat Greek yogurt blended with a little...

Lemon-Garlic Whipped Feta Sauce

By Angie Hayman

A creamy, tangy whipped feta sauce made with nonfat Greek yogurt, feta, lemon, and garlic. Big flavor, fewer calories, and ready in just 5 minutes!



PREP	TOTAL	SERVINGS	DIFFICULTY	CALORIES
5 min	5 min	4	Easy	~25 est. per serving

Sauces · Mediterranean-Inspired · Vegetarian · Gluten-Free · Low-Carb · High-Protein · Mediterranean-Inspired

Approximate Nutrition

Estimated

Per serving (Approximately 2 tablespoons)

~25	~3g	~1g	~1g	~0g	~1g	~100mg
CALORIES	PROTEIN	CARBS	FAT	FIBER	SUGAR	SODIUM

Nutrition information is an approximation and may vary depending on the brands and products used, exact ingredient quantities, and portion sizes.

Ingredients

Makes 4 · Approximately 2 tablespoons

- [ ] **¼ cup** plain nonfat Greek yogurt
- [ ] **2 tbsp** crumbled feta cheese
- [ ] **1¼ tsp** fresh lemon juice
- [ ] **1 pinch** garlic powder
- [ ] Black pepper, to taste
- [ ] **3 tbsp** cold water, added gradually

Ingredient note: We used Friendly Farms Super Zero Plain Nonfat Greek Yogurt and Emporium Selection Traditional Feta Cheese in Brine. Other brands will work, but nutritional values may vary. For a thicker sauce, use less water. For a drizzle-friendly consistency, gradually add up to 3 tablespoons.

Instructions

1. **Combine the Ingredients**
   Add the plain nonfat Greek yogurt, crumbled feta cheese, lemon juice, garlic powder, and black pepper to a small blender or food processor.

2. **Blend Until Creamy**
   Blend until the feta is broken down and the mixture becomes smooth and creamy. Scrape down the sides as needed.

3. **Adjust the Consistency**
   Gradually add cold water, stirring or blending between additions, until the sauce reaches your preferred consistency. We used approximately 3 tablespoons for a pourable sauce.

4. **Taste and Adjust**
   Taste the sauce and adjust the lemon juice, garlic powder, or black pepper if needed. Refrigerate until ready to serve.

Calorie Hacker Tip: Start with less water if you're making a dip. Add more if you want a creamy sauce for drizzling over breakfast bowls, roasted vegetables, or grilled meats.

All the Creaminess, None of the Heavy Cream

The Calorie Hack

Traditional creamy sauces often rely on heavy cream, cream cheese, or mayonnaise. By combining a small amount of flavorful feta with nonfat Greek yogurt, we created a lighter sauce that still delivers the richness and tang we love.

Traditional approach	Our Calorie Hack
~~Heavy cream~~	✓ **Plain nonfat Greek yogurt**
~~Cream cheese~~	✓ **A small amount of feta blended with Greek yogurt**

Why it works

- Feta has a bold, salty flavor, so a little goes a long way. Nonfat Greek yogurt provides a creamy base and adds protein without the fat found in traditional cream-based sauces. Fresh lemon juice

brightens everything, while garlic and black pepper round out the flavor.

- The result is a versatile sauce that tastes indulgent without requiring a long list of ingredients.

Make It a Meal

One serving: ~25 cal

This creamy, tangy whipped feta sauce is more than just a dip! Drizzle it over breakfast bowls, grilled proteins, or roasted vegetables to add a little something special without piling on the calories. A small spoonful goes a long way, making it an easy way to bring extra flavor to everyday meals.

- **Mediterranean Breakfast Grits +~425 cal**
  Drizzle over eggs, turkey sausage, sautéed spinach, and creamy grits for a satisfying breakfast.
- **Grilled Chicken Breast +~165 cal**
  Add a spoonful to a 4-ounce grilled chicken breast for a creamy, tangy finish.
- **Roasted Vegetables +~80 cal**
  Drizzle over roasted broccoli, carrots, zucchini, or cauliflower.
- **Fresh Vegetable Platter +~50 cal**
  Serve as a dip with cucumbers, carrots, bell peppers, and cherry tomatoes.
- **Baked Sweet Potato +~115 cal**
  Add a dollop to a medium baked sweet potato for a savory, creamy contrast.

Illustrative estimates. Actual calories depend on portions, ingredients, and dressing.

Angie's Kitchen Notes

What we learned making it

1. **The extra lemon made a difference.**
   I started with a little lemon juice but ended up adding another 1/2 teaspoon. That extra brightness helped balance the salty feta and creamy yogurt.
2. **Water is your friend.**
   I added approximately 3 tablespoons of cold water to get the sauce thin enough to drizzle over our breakfast. Add it gradually because you can always thin the sauce, but you can't easily thicken it again.
3. **Don't underestimate a simple sauce.**
   This was originally made for our Mediterranean Breakfast Grits, but it ended up being one of my favorite parts of the meal. The breakfast would have been good without it, but the whipped feta added something special.
4. **Make it your own.**
   Keep it thick for dipping vegetables, or thin it out for drizzling over eggs, chicken, or roasted vegetables. The same basic recipe can work in several different ways.

Storage & Reheating

- Store in an airtight container in the refrigerator for up to 3 days. Stir before serving, and add a little cold water if the sauce has thickened.
- Do not leave the sauce at room temperature for more than 2 hours. Freezing is not recommended because the yogurt may separate.

Leftover safety, the USDA way: Refrigerate within 2 hours · Enjoy within 3–4 days · Freeze for up to 3–4 months. USDA: Leftovers and Food Safety: fsis.usda.gov

Hack It Again

Cook once, eat twice

Turn the leftovers into tomorrow's lunch. Less waste, less money, less thinking.

- **Creamy Sandwich Spread**
  Replace mayonnaise with whipped feta on turkey or chicken sandwiches.
- **Mediterranean Wrap**
  Spread inside a whole-wheat tortilla with grilled chicken, spinach, tomatoes, and cucumbers.
- **Quick Salad Dressing**
  Thin leftover whipped feta with a little water and lemon juice for a creamy dressing.
- **Roasted Potato Topping**
  Use instead of sour cream on baked or roasted potatoes.
- **Protein Bowl Sauce**
  Drizzle over rice, grilled chicken, and roasted vegetables.
- **Savory Breakfast Toast**
  Spread on toasted whole-grain bread and top with a fried egg and blistered tomatoes.

Real Food. Simple Swaps. Healthier Plates.

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