

# 12 Great Ways to Use...

## Feta

*The Greeks make a variety of cheeses, but there is no doubt that feta is their claim to fame in the cheese world. Feta is a Protected Designation of Origin (PDO) food, meaning European law regulates its production because it originated in Greece. True feta cheese is only manufactured in Macedonia, Thrace, Thessaly, Central Greece, the Peloponnese and Lesvos and is made with either just sheep milk or a combination of sheep and goat milk. Feta can be creamy or dry, depending on how long it is aged. After two months of aging, blocks of feta are submerged in a brine solution, enhancing the cheese's characteristic salty, tangy taste.*

- 1.** Try making Paximadia, the Greek version of an open-faced tomato sandwich. Pile ripe tomatoes, crumbled feta, and fresh herbs on toasted whole wheat bread. Drizzle with olive oil and enjoy!
- 2.** Make a cheesy pepper spread by combining feta, bell peppers, dried chilies, smoked paprika, lemon juice, and olive oil in a food processor and whipping until smooth. Serve chilled with cut vegetables, crackers, or on toast.
- 3.** Feta is a delicious addition to green salads. To make an authentic Greek salad however, skip the lettuce and just combine tomatoes, cucumber, feta, olives, and red onions with a red wine vinegar and olive oil.
- 4.** Crumble feta into hot pasta dishes or cold pasta salads. It's also great in bean and lentil salads with plenty of fresh herbs.
- 5.** Mix feta into ground meat along with breadcrumbs, an egg, fresh herbs and spices for burgers or meatballs. Feta pairs especially well with lamb.
- 6.** Bake a whole block of feta for 8 minutes at 400°F until the edges are golden. Make it savory by baking it with tomatoes, olives and fresh herbs, or make it sweet by baking it with honey or berry compote. Enjoy with pita wedges.
- 7.** Feta makes a great garnish for soups and stews. Hold some of the salt and make room for feta!
- 8.** If you have figs that are past their prime, bake them with balsamic vinegar and creamy feta for a gourmet dessert or a sweet addition to meat or poultry dishes.
- 9.** Make a refreshing summer salad with cubed watermelon, feta, fresh mint, olive oil, and balsamic vinegar or lemon juice.
- 10.** Add crumbled feta to savory scones or muffins. Chives and feta go great together in a breakfast treat!
- 11.** Try feta in scrambled eggs, omelets, or frittatas.
- 12.** Broil slices of feta on toast with roasted vegetables and a drizzle of olive oil for an appetizer or light lunch.



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