

Herbed Yogurt and Goat Cheese Spread

Choose and prepare healthy food! By making your own cheese spread, you can control the amount of fat and salt that you add, as well as the quality of the ingredients.



Ingredients:

8 oz	Reduced fat soft goat cheese, 21% M.F. or less	250 mL
1 cup	Plain 1% M.F. yogurt	250 mL
1 clove	Garlic, grated or finely crushed	1 clove
¼ cup	Fresh basil leaves	60 mL
¼ cup	Fresh parsley leaves	60 mL
2 Tbsp	Fresh chives, chopped	30 mL
1 tsp	Fresh thyme, leaves pulled from the stems	5 mL
1 tsp	Fresh rosemary, chopped	5 mL
2 Tbsp	Extra-virgin olive oil	30 mL
¼ tsp	Sea salt	1 mL
¼ tsp	Freshly ground pepper	1 mL

Directions:

1. In a medium bowl, or food processor, blend the goat cheese, yogurt and garlic until smooth.
2. Add the fresh herbs and stir or pulse until well blended, making it as smooth or chunky as you like; drizzle in half the olive oil. Add the salt and pepper.
3. Add more yogurt, a squeeze of lemon or a few spoonfuls of water if the mixture is too thick.
4. Transfer to a bowl and drizzle with the remaining olive oil.

Makes 10 servings (approximately 45 mL/ 3 Tbsp/ 50 g)

Source: developed by Julie van Rosendaal for Apple, Alberta Health Services' health and wellness magazine. Photo credit: Apple magazine/AHS.

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Nutrition Facts	
Per 1/10 of recipe (45 mL/ 3 Tbsp/ 50 g)	
Amount	% Daily Value
Calories 90	
Fat 7 g	11 %
Saturated 3.5 g	18 %
+ Trans 0 g	
Cholesterol 10 mg	
Sodium 150 mg	6 %
Carbohydrate 2 g	1 %
Fibre 0 g	0 %
Sugars 2 g	
Protein 5 g	
Vitamin A	10 %
Vitamin C	4 %
Calcium	8 %
Iron	4 %

Nutrient Claim	Amount per serving
Source of calcium	77 mg

Canada's Food Guide Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	0
Grain Products	0
Milk and Alternatives	1
Meat and Alternatives	0

This is a Choose Sometimes recipe (Cheese, Hard/Soft Type from Milk) according to the Alberta Nutrition Guidelines.