

7-Layer Mediterranean Dip

More than 7 layers, but use as many of these ingredients as you like!

Ingredients:

- 10-oz tub of oil free hummus (like Oasis or Engine2), or homemade
- Romaine lettuce, finely shredded
- Cherry tomatoes, halved
- Cucumber, diced (I like English cucumbers)
- Red onion, diced
- Kalamata olives, halved or diced
- Avocado, diced (only at time of serving)
- Artichokes packed in water, diced
- Tahini sauce, or balsamic glaze

Instructions:

- Spread the hummus on a platter or clear shallow bowl, or in a lidded-glass container to store in fridge and use in wraps or pita pockets
- Layer on the shredded lettuce, then any or all of the other ingredients
- Drizzle with tahini sauce or balsamic glaze
- Use as a dip with veggie dippers, oil-free chips, or tuck into a 100% whole wheat pita pocket

Tahini sauce: mix tahini sauce and lemon juice in equal portion, and add seasonings you like; Italian blend, garlic powder, dried parsley, dill, chives.

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