**BAKED CHERRY TOMATO & FETA DIP RECIPE-**

NUTRTION Facts: Servings 6.0 || Amount Per Serving: calories 118

Total Fat 8 g, Saturated Fat 3 g, Monounsaturated Fat 3 g, Polyunsaturated Fat 0 g, Trans Fat 0 g, Sodium 295 mg, Potassium 67 mg, Total Carbohydrate 6 g, Dietary Fiber 1 g, Sugars 2 g, Protein 6 g

**INGREDIENTS**

* 1 cup cherry tomatoes
* 2 Tbsp olive oil
* 2 cloves garlic, minced
* 3 fresh basil leaves, chopped thin
* 1/4 tsp dried oregano
* 1/4 tsp black pepper
* 1/4 tsp red pepper flakes
* 5 oz. feta cheese block
* Whole wheat pita or fresh-cut vegetables, for serving

**INSTRUCTIONS:**

1. Preheat the oven to 400 degrees.
2. In an oven-safe dish, add cherry tomatoes, olive oil, garlic, oregano, pepper, and red pepper flakes. Stir until tomatoes are fully coated.
3. In the center of the dish, add the block of feta cheese. Drizzle with more extra olive oil, herbs, and spices to taste.
4. Pop in the oven for 20 minutes.
5. Remove from the oven. Break apart the feta cheese and stir together, breaking open the tomatoes to release the juices.
6. Increase the oven to 450 degrees. Once the feta mixture is fully combined, put the dish back in the oven for an additional 10 minutes.
7. After this is done, you'll garnish with fresh basil and serve the baked feta dip with whole wheat pita bread or vegetables—or both!