



Herbed Goat Cheese Spread

A Healthy Mix of Cheese, Strained Yogurt and Fresh Herbs

This EXTREMELY versatile mixture can be customized to use pretty much any cheese or herb mixture that you'd like. By straining greek yogurt overnight, we force liquid out of it, which makes the yogurt more dense, ultimately making it take on the texture of cream cheese. By mixing our "cream cheese" with herbs and a nominal amount of real cheese, we can make an awesome, creamy and delicious spread with a fraction of the fat and calories of 'Boursin'.

Ingredients:

- 34 oz container, nonfat plain Greek yogurt
- (I'd recommend using Fage or Chobani brands)
- 1 medium garlic clove, chopped
- 1 tsp salt
- 3/4 cup fresh parsley, chopped
- 1/4 cup fresh chives, chopped
- 1/2 tsp lemon zest, minced
- 4 oz goat cheese (or 12 points of ANY cheese)

Serving Info.:

Yields: 3-1/4 cups
Serving Size: 1/4 cup
Servings: 13



Range
1-2

- last checked 12/03/21 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:

- 1 Strain greek yogurt (I HIGHLY recommend using FAGE brand for this) for a minimum of 12 hours, as directed in the "Cream Cheese Hack" recipe, in the Foundations section of **"Cookbook: Volume 1"**. The longer you strain the mixture the better. At 20 hours, my yogurt had removed 3/4 cup of liquid.
- 2 Add the strained Greek yogurt, garlic, salt, parsley, chives, lemon zest and goat cheese to a food processor. Process until well combined. Garnish with additional fresh chives or other herbs.
- 3 If you'd like to serve it as shown in the bottom left of the page... line a ramekin with plastic wrap and scoop some of the cheese mixture in, filling up the ramekin. Cover with more plastic wrap and place in the freezer for 15-20 minutes. Remove from the freezer, place the ramekin upside down onto a serving platter, then remove the ramekin and plastic wrap. Top with fresh herbs (I used finely diced chives) or any other toppings of your choosing. Done.

Notes:

- Don't like goat cheese? Not a problem. Use up to 12 points of ANY type of cheese that you want. Baby Bell, reduced fat cheddar, toss in some sundried tomatoes (not in oil), shallots, experiment and play around with this. It's highly, highly, highly customizable. Just use mine as a template. I made mine to imitate (closely) Boursin cheese spread.
- Mix the strained cream cheese with a bunch of chopped green onions, cooked, drained and cooled taco meat, then form it into a big ball wrapped in plastic wrap and let it sit in the fridge. When it firms up, roll it in a bunch of chopped up fat free cheddar cheese for a great taco cheese ball. Think outside the box. Play around with seasonings and fillings.

