

# 6-Layer Mediterranean Dip with Tnuva Labaneh + Feta



Shalom! Reporting live from the couch where I'm currently enjoying our 2nd day of winter break. I'm trying to ignore the ridiculous episode of Miraculous that my oldest is enjoying after her hour of quiet reading time. Yes, you heard me correctly – an hour of quiet time. This is not me bragging.

This is me celebrating! This is the first winter break where we've finally nailed down a schedule and nailed it down quickly + it's going well (I mean, it's day 2 so . . . ). Anyway, our schedule is looking like this:

1. Wake up ( no TV before 7 AM)
2. 2 Shows + play
3. Breakfast
4. Shower/get dressed
5. Morning activity out of the house
6. Lunch
7. Nap for littles + quiet for Siona
8. 1 hour afternoon TV time
9. Pre-dinner play
10. Dinner
11. After dinner play + 1 episode of Nailed It!
12. Bed

Good Lord. When you look at it it's a bit more exhausting. The husband + I are SO blessed to have this break alongside the kiddos since we both work in schools. It's the time we get to actually enjoy the kids instead of running around like maniacs on a Sunday trying to balance errands with quality time with the kids. The first semester of this year has been insanely busy as I started doing consulting and facilitating workshops on adolescent development and diet culture outside of my regular work at the school I work for plus trying to be present for the kids + this here blog. It's a lot to juggle and sometimes I can do it and sometimes, well, not-so-much.

Today's morning activity, however, was truly a study in how joy can facilitate connection + deeper relationships. I find that sometimes, even though I truly love the life I live, I'm not having as much fun living it as I could because I am constantly moving from one thing to the other. I feel like I'm constantly telling my kids to, 'Hurry! We're late!' So this 2-week break I am committing myself to one thing – taking it easy and being more present in the moment. So this morning we

grabbed the kids + headed out to Santa Monica where we rented a family-sized bucket bike and went riding on the boardwalk path along the beach. I'm not sure the last time I laughed that much. And sure, I almost ran the family into a sand dune but still! The sun was shining, we were smart enough to bring snacks, the girls had their scooters and we just went for it!





The other place I am taking it easy this winter break is in the kitchen! And while I'd love to be eating out nonstop because I love eating at restaurants + also I love someone else doing the cleaning + cooking, we can't afford that life. That said, I do plan on keeping meals simple + using leftovers as much as possible. Case in point, this 6-layer Mediterranean dip featuring my favorite labaneh + feta from Tnuva. I made the fried eggplant for another dish from earlier in the week so when it came to making something fresh and yummy for a Chanukah gathering we were hosting, I snagged those leftovers + added my favorite flavors to make a Mediterranean version of

a classic 7-layer dip taco (only minus one layer mainly because it wouldn't fit into my cute little glass dish – if it would have, I would have added roasted cauliflower). This dip can be made in individual little containers like this one or in a giant dip bowl for sharing. If you aren't afraid of a little spice, the feta and labaneh would pair wonderfully with a spicy harrisa. You can also take this dip out of the bowl and enjoy it over some tortilla chips as Mediterranean nachos or pair it with some falafel balls for a yummy falafel pita sandwich or deconstructed salad. The world is your delicious, kosher oyster, people! Go for it!





## **6-Layer Mediterranean Dip with Tnuva Labaneh + Feta**

### **Ingredients:**

1 eggplant, chopped

Canola oil for frying (roughly 2 – 3 cups)

kosher salt

2 Roma tomatoes, diced

1 cup of Tnuva labaneh, divided

1/2 chopped feta, divided

1/4 cup sliced Israeli green olives

Handful of cilantro, finely chopped

## **Method:**

**For frying the eggplant** – Layout paper towels. Slice the eggplant into 1/2 inch thick rounds and place onto the paper towels making sure they aren't overlapping. Sprinkle the slices with kosher salt and let sit for about 25 – 30 minutes. This will draw out the moisture making sure the eggplant is crispy and not soggy. After 30 minutes, dab the eggplants with one of the paper towels already out to soak up the water that's collected on top of the eggplant. Next, place a large frying pan with enough oil to fill the pan to the midway up the pan. While the oil is heating, chop eggplants into cubes. Once the oil is fully hot (test this by dropping a small droplet of water into the pan. If it immediately sizzles, the oil is hot enough and ready for frying). Place about half the eggplant cubes into the pan (you don't want the eggplant cubes to be on top of each other). Let the eggplant cubes fry until golden brown while occasionally stirring throughout the process. Once one batch is done, remove from frying pan and place on a paper towel to absorb excess oil. Finish this process until all cubes are fried.

**Assembly (this is to your discretion but I went with the following) –**

Put labaneh on the bottom layer. Next, add the eggplant + chopped tomatoes + feta cheese + green olives + chopped cilantro. Top with a drizzle of your favorite hot sauce or harrisa to add a little kick to your dip (and to get you to an even 7-layers).

\*This post was absolutely sponsored by Tnuva, a company whose products I genuinely love to eat.