



Otria®

Greek Yogurt Veggie Dip Recipe Book

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Chipotle Vegetable Quesadilla

A great lunch is as easy as this recipe containing cheese, spinach, scallions and Marzetti® Otria® Chipotle Cheese Greek Yogurt Veggie Dip.



Prep Time: 10 minutes **Cook Time:** 4 minutes **Serves:** 2

Ingredients

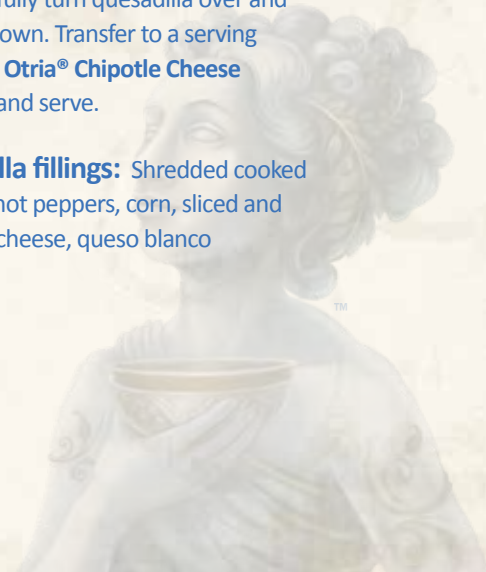
- 3 tbsp Otria® Chipotle Cheese Greek Yogurt Veggie Dip
- Two 8 inch whole-wheat flour tortillas
- ¼ cup shredded Jack cheese
- ¼ cup fresh chopped spinach, stems removed
- 2 tbsp chopped scallions
- 3 tbsp cooked black beans
- 3 tbsp diced cherry tomatoes
- 2 tsp vegetable oil

Preparation

Spread 2 tbsp Marzetti® Otria® Chipotle Cheese Greek Yogurt Veggie Dip on one side of one tortilla; arrange cheese, spinach, scallions, black beans and tomatoes on top. Cover with second tortilla. Heat oil in a non-stick skillet over medium heat. Transfer quesadilla to pan and cook until golden brown, about 2 minutes. Carefully turn quesadilla over and continue to cook other side until golden brown. Transfer to a serving plate, top with remaining 1 tbsp Marzetti® Otria® Chipotle Cheese Greek Yogurt Veggie Dip, cut into wedges and serve.

Additional suggestions for quesadilla fillings: Shredded cooked chicken, chopped cooked shrimp, minced hot peppers, corn, sliced and sautéed peppers and red onions, cheddar cheese, queso blanco

Chipotle Vegetable Quesadilla



Crab Corn Salad with Tortilla Chips and Cruité's

Dip your chips and veggies in this flavorful salad, made with crabmeat, corn, peppers, mango and **Marzetti® Otria® Salsa Cilantro Greek Yogurt Veggie Dip**.



Prep Time: 20 minutes **Cook Time:** 3 minutes **Serves:** 12

Ingredients

- ½ cup **Otria® Salsa Cilantro Greek Yogurt Veggie Dip**
- 2 ears fresh corn
- One (16 oz) can jumbo lump crabmeat
- ¼ cup cilantro leaves, chopped
- 1 medium jalapeno, minced
- ¼ cup finely chopped red bell pepper
- ½ cup finely diced fresh mango
- ¼ tsp sea salt, or to taste
- Tortilla chips, pita chips or vegetables, like jicama and cucumber, cut into “chips”

Preparation

Bring a pot of water to a boil and cook corn for 3 minutes, drain and scrape kernels off each cob and transfer to a large mixing bowl. Add **Marzetti® Otria® Salsa Cilantro Greek Yogurt Veggie Dip** and remaining salad ingredients and gently fold all together. Dip or spoon salad mixture onto chips.



Crab Corn Salad with Tortilla Chips and Cruité's



Spinach Mushroom Omelet

A healthy breakfast doesn't have to leave you feeling hungry an hour later. Try this veggie-filled omelet that has mushrooms, red bell pepper, scallions, spinach and **Marzetti® Otria® Spinach Artichoke Greek Yogurt Veggie Dip**.



Prep Time: 10 minutes **Cook Time:** 6 minutes **Serves:** 2

Ingredients

- 3 tbsp **Otria® Spinach Artichoke Greek Yogurt Veggie Dip**
- Salt and pepper to taste
- 2 large whole eggs
- 2 large egg whites
- 1 tbsp olive oil, divided
- 4 large mushrooms, sliced
- 2 scallions, minced
- ¼ cup chopped red bell pepper
- ¼ cup chopped spinach leaves
- 2 tbsp grated Parmesan cheese

Preparation

In a small bowl, whisk together eggs and egg whites and set aside. In a medium non-stick skillet, heat 2 tsp oil over medium heat. Add mushrooms, scallions and red pepper and cook until vegetables are soft, about 2 minutes; transfer to a plate. To the same hot skillet add remaining 1 tsp oil and egg mixture. Sprinkle with salt and pepper. Cook until eggs are set, sprinkle with spinach, cheese and prepared vegetables and 2 tbsp **Marzetti® Otria® Spinach Artichoke Greek Yogurt Veggie Dip**. Using a rubber spatula fold over half of the eggs to form a half moon shaped omelet. Slide onto a plate and top with remaining 1 tbsp **Marzetti® Otria® Spinach Artichoke Greek Yogurt Veggie Dip**. Serve.

Additional filling options for omelets: Tomatoes, zucchini, hot peppers, chopped cooked chicken, ham, prosciutto, smoked salmon, black beans, roasted peppers, cheddar cheese, Jack cheese, feta cheese

Spinach Mushroom Omelet

Garden Pasta Salad

Pasta salad isn't boring when you use mushrooms, broccolini, zucchini, white beans and **Marzetti® Otria® Garden Herb Greek Yogurt Veggie Dip**.



Prep Time: 25 minutes **Cook Time:** 12 minutes **Serves:** 10-12

Ingredients

- One (8 oz) container **Otria® Garden Herb Greek Yogurt Veggie Dip**
- ¼ cup chopped parsley
- ¼ cup toasted pine nuts
- 1 tbsp olive oil
- 4 large portabella mushrooms, gills removed
- 8 oz whole wheat penne pasta, cooked
- 6 oz broccolini, cut into 1 inch pieces and blanched (substitute broccoli florets if desired)
- 1 medium zucchini, sliced
- One (15 oz) can white beans, drained
- ¼ cup pitted and sliced green olives
- ¼ cup chopped fresh basil

Preparation

Heat oil in a grill pan on medium high heat. Add mushrooms and cook until they are tender, about 3 to 5 minutes, turning them once during the cooking process. Transfer mushrooms to a cutting board and cool slightly. Slice mushrooms into bite size pieces. In a large bowl, combine pasta with remaining ingredients and **Marzetti® Otria® Garden Herb Greek Yogurt Veggie Dip**. Season with salt and pepper to taste. Salad is best served immediately after it is prepared.



Garden Pasta Salad



Cucumber Salmon Dill Appetizer

Cucumber Salmon Dill Appetizer

This easy dip recipe, with salmon, cucumber, scallions and Marzetti® Otria® Cucumber Dill Feta Greek Yogurt Veggie Dip, will impress guests at your next gathering.



Prep Time: 20 minutes **Serves:** 2 as a first course, 12 as an appetizer

Ingredients

- ¼ cup Otria® Cucumber Dill Feta Greek Yogurt Veggie Dip
- Lettuce, optional
- Salt and pepper to taste
- 8 oz cooked salmon, skin removed and flaked
- ½ cup large portabella mushrooms, gills removed
- ½ cup chopped fennel
- 2 chopped scallions
- 1 tbsp fresh chopped mint
- 1 tbsp capers, optional
- Toasted pita chips, favorite crackers or thick slices of cucumber
- Radishes, sliced thin or julienne, optional

Preparation

In a mixing bowl, combine Marzetti® Otria® Cucumber Dill Feta Greek Yogurt Veggie Dip with remaining ingredients and gently fold all together. To serve as an appetizer, arrange a few lettuce leaves on a plate and place mixture in center. Garnish with radish. Offer pita chips, crackers or cucumber slices. To serve as a first course, arrange salad greens on two plates, divide and arrange salmon mixture. Serve with pita chips.

