GREEK · SNACK

Greek Marinated Feta and Olives with Herbs

15 min · plus overnight marinating | Makes 5 × about ½ cup (110 g) | 264 kcal a portion

Video 4:26 · Dimitra's Dishes

Vegetarian | Gluten-free ingredients | No nuts listed

Olives and feta in olive oil: most of the fat is the monounsaturated kind from the olives and the oil, with about 3 g of net carbs a serve. It is very salty (about 1,300 mg of sodium a serve), so a small bowl goes a long way.

Diet notes: Keto (3.1 g net carbs a serve).

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Ingredients

9 · MAKES 5 × ABOUT ½ CUP (110 G)

- [ ] **Olive oil**: ¼ cup Greek extra virgin olive oil (or up to ½ cup)
- [ ] 3 **garlic** cloves, peeled and smashed
- [ ] 3–4 sprigs **fresh thyme**
- [ ] 1 sprig **fresh rosemary**
- [ ] 12 oz mixed **olives**, such as pitted Kalamata and stuffed green olives
- [ ] a pinch of **crushed red pepper flakes**
- [ ] 1 tsp **dried oregano**
- [ ] 4 oz **feta cheese**, cubed
- [ ] 2 tbsp **balsamic vinegar** (or red wine vinegar)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Warm the olive oil in a skillet over very low heat with the smashed garlic, thyme and rosemary for 4–5 minutes, until fragrant and the garlic is lightly coloured and softening. 1:29
2. Add the olives (watch for splatter), the red pepper flakes and the oregano, and warm through for about 5 minutes. 1:57
3. Take the pan off the heat, add the cubed feta and the balsamic vinegar, and toss gently so everything is coated. Let it cool completely. 2:27
4. Spoon into jars or a container with all the oil and herbs and refrigerate overnight before serving. It keeps up to 2 weeks in the fridge.
5. Bring to room temperature, or warm briefly, before serving.

> **Tip** Keep it in the fridge (garlic in oil should not sit at room temperature). Add capers or sun-dried tomatoes if you like. Serve with raw vegetables or seed crackers; the cook also uses the oil for dipping bread.

The method is a summary in our words — the video shows every step.

One portion, about ½ cup (110 g), gives you

1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
264 kcal	4.2 g	5.5 g	2.5 g	26 g	1,270 mg
1,110 kJ	8% of a day	3.1 g net · 2.3 g sugars	9% of a day	6.3 g saturated	55% of a day
		2% of a day		34% of a day	

Energy from net carbs 5% · protein 6% · fat 89% — fits keto: 3.1 g net carbs, 89% of the energy from fat

High in (20%+ of a day) Vitamin E 29%

Source of (10–19%) Vitamin B12 16% · Omega-3 14% · Calcium 12%

⚠ One serve has about 55% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Dimitra's Dishes (@DimitrasDishes) on YouTube — youtube.com/watch?v=vRID-JEj0v4, published 1 November 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/greek-warm-marinated-feta-olives