

## Easy Christmas Appetizer "Hummus Wreath"



***So quick to make, but this delicious, easy Christmas appetizer is sure to impress! Bonus: it can even be made completely ahead of time! Prep time: 10 MINUTES***

### Ingredients

- 1 (17-ounce) container of purchased plain hummus (we use Sabra "Classic") (or use your favorite homemade)
- 1/2 cup reduced-fat, crumbled feta cheese
- 1/4 cup thinly sliced green onions (from about 2 onions)
- 3/4 cup chopped Italian flat-leaf parsley
- 1 teaspoon extra virgin olive oil
- 1/16 teaspoon kosher salt
- cherry tomatoes, halved (I used 4 1/2 tomatoes for the wreath pictured in this post)
- 1 large red pepper, optional (look for one with broad, flat sides)
- 1 - 1 1/2 tablespoons very finely crumbled, reduced-fat feta cheese
- optional dippers for serving: whole-grain pita chips, wedges of whole-wheat pita bread, or red and green veggies

### Instructions

1. In a medium-sized bowl, combine hummus, 1/2 cup feta, and green onions.
2. Place a small bowl or drinking glass in the center of a large, round platter ([the platter in our photos is this one](#), which is about 12.5 inches in diameter). If you plan to place a bowl of pita chips or veggies at the center of the finished wreath (as we did in some of our photos), you'll want to use that bowl (or a similarly sized glass), to be sure the hole in the middle of the wreath is the right size. Use a rubber scraper to spread the hummus mixture in a circle all around the bowl/glass you placed at the center (refer to the photos in our post to see how we did this). Remove the bowl/glass from the center using a gentle, upward twisting motion. If needed, you can carefully insert the tip of a toothpick under the edge of the bowl/glass to help it release.



3. In another small bowl, toss parsley, oil, and salt until the parsley is thoroughly coated and the oil and salt are evenly distributed. Spoon parsley mixture in a circle on top of the hummus layer, leaving a small border of hummus showing all around.
4. Place halved cherry tomatoes, cut-side down, randomly throughout the parsley layer, so they look like Christmas ornaments.