

Easy Whipped Feta with Roasted Beets, Honey, and Chili Flakes

Spicy Honey Whipped Feta with Roasted Beets



OVEN
400°F

TIME
40 min

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INGREDIENTS

- 1 cup (150 g) feta cheese
- 1/2 cup (120 g) Greek yogurt
- 1 tbsp olive oil
- 1 tbsp honey
- 1 tsp crushed red pepper flakes or chipotle chili
- 2 medium beets (about 400 g), peeled and cubed
- 1 tbsp olive oil (for roasting beets)
- Salt, to taste
- Freshly ground black pepper, to taste
- Fresh herbs such as parsley or thyme, for garnish
- Toasted nuts for crunch (optional)

DIRECTIONS

1. Roast the Beets: Preheat your oven to 400°F (200°C).
2. Toss the cubed beets with olive oil, salt, and black pepper. Spread them evenly on a baking sheet and roast for 25-30 minutes, until tender and slightly caramelized.
3. Allow the beets to cool slightly after roasting.
4. Prepare the Whipped Feta: In a food processor, combine:
5. Feta cheese
6. Greek yogurt
7. 1 tablespoon olive oil
8. Blend until the mixture becomes smooth, creamy, and spreadable.
9. Assemble the Dish: Spread the whipped feta evenly onto a serving platter, creating a smooth layer.
10. Add the Roasted Beets: Scatter the roasted beets across the whipped feta.
11. Finish with Honey and Spice: Drizzle honey generously over the beets and feta. Sprinkle with crushed red pepper flakes or chipotle chili.
12. Garnish and Serve: Top with fresh herbs and toasted nuts if desired.
13. Serve immediately with warm bread, crackers, or fresh vegetables.

SWAPS & NOTES

Feta options: Use block feta rather than pre-crumbled feta for the best flavor and creaminess.

Greek yogurt substitute: You can use cream cheese or ricotta if you want a richer whipped base.

Beet alternatives: Golden beets work just as well and provide a slightly milder flavor.

Spice level: Chipotle chili flakes add smoky heat, while red pepper flakes create a brighter spice.

TIPS FOR SUCCESS

Use high-quality feta: Authentic Greek feta made from sheep's milk has the best flavor.

Roast the beets until caramelized: Slight browning enhances their natural sweetness.

Blend until completely smooth: The whipped feta should be silky and spreadable.

Serve at room temperature: This allows the flavors to fully develop.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-whipped-feta-with-roasted-beets-honey-and-chili-flakes/>