

Ingredients:

You get about 2 cups of spread

1/3 cup of chopped green onions

1/2 cup of chopped parsley

1/2 a cup and some more of chopped dill

1/4 cup of shallots

1TBS of preserved lemon (optional)

1/4 cup or more of yogurt

1TBS of lemon juice, more if you don't use the preserved lemon

2 12 ounce packages of light cream cheese at room temperature

1/2 tsp salt

1tbs pepper

Directions:

Put the herbs in the food processor, add 1/2tsp of salt and chop the herbs until they are minced, scrapping the sides with a spatula. Add the rest of the ingredients and mix them thoroughly. Add salt, pepper and lemon juice as needed. Add milk or Yogurt to thin out this spread.