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Cucumber Tzatziki

Tzatziki is a salted yogurt and cucumber dip that's made of strained yogurt, shredded cucumber, olive oil, garlic, lemon juice, salt, and herbs.

Authentic Greek tzatziki is most often made with sheep or goat yogurt, but my tzatziki recipe calls for regular full-fat Greek yogurt. It's easier to find in the store, and it still has the creamy, thick consistency you want in tzatziki sauce. Along with the other traditional ingredients, I stir in fresh mint and dill for a bright, summery finish.

Ingredients:

½ cup finely grated cucumber
1 cup thick whole milk Greek yogurt
1 tablespoon lemon juice
½ tablespoon extra-virgin olive oil
1 garlic clove, grated
¼ teaspoon sea salt
1 tablespoon chopped dill
1 tablespoon chopped mint, optional

Directions:

Place the cucumber on a towel and gently squeeze out a bit of the excess water.

In a medium bowl, combine the cucumber, yogurt, lemon juice, olive oil, garlic, salt, dill, and mint, if using. Chill until ready to use.