

# Cucumber Tzatziki



*Tzatziki is a light and fresh sauce commonly found in Greek and Middle Eastern cuisines. It can be used as a spread on sandwiches and burgers, or as a dip for crunchy veggies or pita chips.*

<b>YIELD</b> <b>16 SERVINGS</b>	<b>PREP TIME</b> <b>10 MIN</b>	<b>TOTAL TIME</b> <b>10 MIN</b>
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## INGREDIENTS

1 large	Cucumber
2 cups	Greek Yogurt, plain, non-fat
1 Tbsp	Parsley, fresh, chopped (about 3-4 sprigs)
¼ tsp	Garlic Powder
¼ tsp	Kosher Salt
⅛ tsp	Black Pepper
1 Tbsp	Lemon, zested and juiced

## CHEF'S NOTES

Fresh mint, dill, or cilantro would also be delicious in this sauce for a slightly different flavor profile.

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Using a box grater, grate the cucumber. Avoid grating the seeds when possible. Over the sink or a bowl, lightly squeeze the grated cucumber between your palms to remove excess moisture. Transfer grated cucumber to a small bowl and set aside.
3. In a medium bowl, combine the yogurt, parsley, garlic powder, salt, pepper, and lemon zest. Mix well until combined. Add the lemon juice to the bowl and stir to combine.
4. Measure out a tightly packed ½ cup of the grated cucumber, leaving out any excess liquid or seeds.
5. Add the cucumber to the yogurt mixture. Stir until combined, cover, and place in the refrigerator until ready to serve.

# Nutrition Facts

16 servings per container

**Serving size** 2 Tbsp (51g)

**Amount Per Serving**

**Calories** 20

**% Daily Value\***

**Total Fat** 0g 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 40mg 2%

**Total Carbohydrate** 2g 1%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein** 3g 6%

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.1mg 0%

Potassium 70mg 2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK



[goldringcenter.tulane.edu](http://goldringcenter.tulane.edu)



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