

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.

YIELD 16 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 10 MIN
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INGREDIENTS

1 large	Cucumber
2 cups	Greek Yogurt, plain, non-fat
1 Tbsp	Parsley, fresh
¼ tsp	Garlic Powder
¼ tsp	Kosher Salt
⅛ tsp	Black Pepper
1 Tbsp	Lemon, 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 and then transfer to a small bowl and set aside.
3. In a medium bowl, combine the yogurt, parsley, garlic powder, salt and pepper. 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 the majority of the seeds and liquid.
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 (48 g)

Amount per serving

Calories 20

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 45mg 0%

Total Carbohydrate 2g 0%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 3g 6%

Vitamin D 0mcg 0%

Calcium 4mg 0%

Iron 0.07mg 0%

Potassium 31mg 0%

*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.

Recipe adapted from Health meets Food "Cucumber Tzatziki" (11/26/19)



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