

TZATZIKI (GREEK YOGURT DIP)



CANADA AGRICULTURE AND FOOD
MUSEUM – MUSÉE DE L'AGRICULTURE
ET DE L'ALIMENTATION DU CANADA

Program

Online

Location:

This delightful dip can be whipped up in minutes! Its refreshing and tangy flavours make it perfect for pairing with warm pita, fresh or grilled vegetables, or using as a delectable spread for your wraps.

Ingredients

- 1 cup (250 mL) plain Greek yogurt
- 1 tbsp (15 mL) fresh lemon juice
- 1 tbsp (15 mL) extra virgin olive oil
- 1 tbsp (15 mL) chopped fresh or freeze-dried dill
- 1 or 2 cloves of garlic, minced
- ¼ tsp (1 mL) salt
- ¾ cup (180 mL) grated cucumber (about half of a medium cucumber)

Preparation

1. In a large mixing bowl, blend the Greek yogurt with the lemon juice, olive oil, dill, minced garlic, and salt. Stir to combine.
2. Using a box grater, grate the cucumber.
3. Place the grated cucumber in a paper towel or a clean hand towel and squeeze out the excess water over the sink.
4. Add the pressed grated cucumber to the bowl, then stir until everything is evenly blended.

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5. Serve immediately, or place in the fridge until ready to serve.
6. Scoop into a bowl, and serve with your favourite veggies or pita chips. Enjoy!

Note: It is very important to squeeze out the excess water from the cucumbers. If not, the tzatziki will have a watery consistency.-