

Tzatziki

Created for The Inner Table and served alongside Sheet Pan Chicken Souvlaki, this creamy, herb-filled tzatziki is my nourishing take on the traditional Greek classic. Full-fat Greek yogurt provides protein and probiotics to support gut health, while cucumber, fresh dill, mint, and lemon bring cooling hydration, and anti-inflammatory benefits. Finished with extra virgin olive oil for richness and heart-healthy fats, this version delivers a gentle flavor, velvety texture, and a refreshing balance that brings the entire meal together.

INGREDIENTS

4 Persian cucumbers, peeled and small dice
2 tablespoons red onion, small dice
1/4 cup fresh dill, rough chop
8 leaves fresh mint, rough chop
1 1/2 cups Plain Greek yogurt, full fat
3 tablespoons extra virgin olive oil
1 lemon, juiced
3 pinches salt

STEP 1

Prep cucumbers, onion, and herbs and place in small mixing bowl.

STEP 2

Add the yogurt, olive oil, lemon juice, and salt and mix well.

SERVES

6

TIME

10 MIN

SHOPPING LIST

4 Persian cucumbers
1 small red onion
1 bunch/pack fresh dill
1 bunch/pack fresh mint
1 1/2 cups Plain Greek yogurt, full fat
1 bottle extra virgin olive oil
1 lemon
salt

EQUIPMENT

Large bowl

STORAGE

Store in air tight container in fridge up to days