

TZATZIKI VINAIGRETTE

YIELD: 25 1 TBSP servings

Chef Ryan Eckles

Tzatziki is a classic condiment found in Greek cooking. This recipe takes those familiar ingredients and flavors and turns them into a salad dressing. The keys to this recipe are the use of fresh herbs and feta cheese. The herbs bring a bright garden flavor and aroma and the feta provides a salty creamy punch to counter the sharp tang of the lemon and vinegar. Traditionally made with dill, this can also be made with mint, parsley, or even cilantro – find your favorite!

INGREDIENTS

- 8 oz. Greek yogurt, plain
- 2 cloves garlic, minced
- 1/2 cup English cucumber, diced very fine
- 2 lemons, juiced
- 2 TBSP red wine vinegar
- 2 TBSP fresh dill or mint (1 TBSP if using dried herbs)
- 1/4 cup feta cheese, crumbled
- 1/2 tsp salt
- 1/4 tsp ground black pepper

DIRECTIONS

1. In a mixing bowl, whisk all ingredients together. Chill for at least 30 minutes, up to several hours for deeper flavor. Can be made ahead of time.

RECIPE NOTES

Nutritional information per serving*: 12 calories; 0.3 g sat. fat; 51.6 mg sodium; 0.86 g carbohydrate

** nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*