

Tzatziki

This fresh tzatziki recipe will liven up any summer meal! Rich, creamy & full of fresh herbs, it's delicious on pita, grilled veggies, sandwiches, and more!

Ingredients

- ½ cup finely grated cucumber
- 1 cup thick whole milk Greek yogurt
- 1 tablespoon lemon juice
- ½ tablespoon [extra-virgin olive oil](#)
- 1 garlic clove, grated
- ¼ teaspoon sea salt
- 1 tablespoon chopped dill
- 1 tablespoon chopped mint, optional

Instructions

1. Place the cucumber on a towel and gently squeeze out a bit of the excess water.
2. In a medium bowl, combine the cucumber, yogurt, lemon juice, olive oil, garlic, salt, dill, and mint, if using. Chill until ready to use.



How to Make Tzatziki Sauce

I first started eating tzatziki sauce at Greek restaurants, but I've since learned that it's incredibly easy to whip up at home. Now, along with [pesto](#), it's one of my must-make summer sauces. Here's how you do it:

1. **Start by grating the cucumber.** I use the largest holes on a box grater to give my final sauce texture and plenty of green flecks.
2. **Next, squeeze the water out of the grated cucumber.** This step is essential for making a creamy tzatziki - if you skip it, the water from the cucumber will cause your sauce to separate. Squeeze the cucumber directly over the sink, or press it lightly between kitchen or paper towels.
3. **Then, stir everything together!** Mix the squeezed cucumber with the yogurt, lemon juice, garlic, olive oil, salt, and herbs, and chill until you're ready to use.

That's it!