

Plate Dream

Tzatziki Cucumber Salad

Refreshing tzatziki cucumber salad with yogurt, dill, and crisp cucumbers – a healthy, light dish.

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**Greek** Cuisine	**Salad** Course

Ingredients

Main Ingredients

- [ ] 2 cups Greek yogurt (full-fat)
- [ ] 1 large cucumber, grated
- [ ] 2 tbsp fresh dill, finely chopped
- [ ] 1 clove garlic, minced
- [ ] 1 tbsp lemon juice
- [ ] 2 tbsp extra-virgin olive oil
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Wash the cucumber, grate it using the large holes of a box grater, then place in a clean kitchen towel and squeeze gently to remove excess moisture.
2. In a mixing bowl, combine Greek yogurt, lemon juice, minced garlic, and olive oil; stir until smooth.
3. Add the grated cucumber and chopped dill to the yogurt mixture; fold carefully to keep the cucumber crisp.
4. Season with salt and pepper, taste, and adjust lemon or olive oil if needed.
5. Cover and refrigerate for at least 15 minutes before serving to let flavors meld.

Nutrition per serving

120 kcal	6 g	6 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the salad looks watery after chilling, simply stir in a spoonful of extra yogurt.
- A pinch of cumin can add an earthy note without overwhelming the freshness.
- Serve with warm pita bread or as a topping for grilled chicken.