

Authentic Tzatziki Recipe: Easy Greek Yogurt & Cucumber Sauce

5 MIN READ

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Cool, creamy, and tangy, this homemade tzatziki recipe is the ultimate Mediterranean dip for veggies, pita, and grilled meats.

This yogurt and cucumber sauce is a staple in Mediterranean cuisine, served alongside grilled vegetables and meat, and as a dip on *mezze* platters, with chopped vegetables, pita, and more. You can buy it pre-made in most stores, but it's simple to make at home, for adding a cool, tangy punch to summertime meals. Greek yogurt — especially low-fat — creates a creamier texture and boosts the protein. English (or Persian) cucumbers contain less liquid, making a smoother and less watery sauce.

Tzatziki Recipe: Ingredients You'll Need

Black pepper, to taste

¼ English cucumber, peeled and finely diced (or grated on a box grater, if preferred)

8 ounces plain low-fat Greek yogurt

¾ tablespoon fresh lemon juice

1-2 clove garlic (as preferred), minced

1 tablespoon dill, finely chopped

1.5 tablespoon extra virgin olive oil

¼ teaspoon salt, plus more to taste

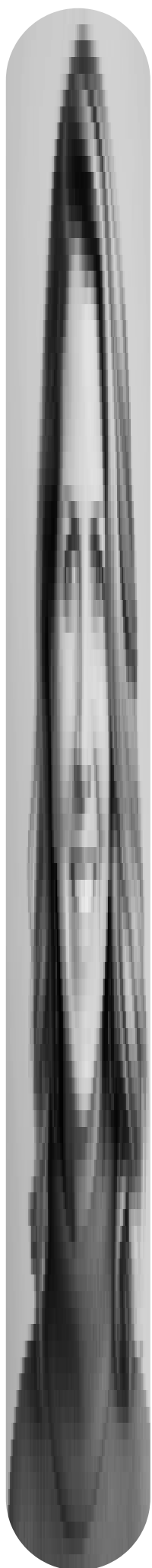
Step-by-Step Instructions

- 1 Mix salt with chopped or grated cucumber, and place in a cheesecloth or tea towel over a small bowl. Let the liquid strain out while you prepare the rest of the sauce.
- 2 In another bowl, add yogurt, lemon juice, garlic, dill, and olive oil, and whisk to combine.
- 3 Squeeze as much liquid as you can out of the cucumbers, then mix them into the sauce.
- 4 Taste and add salt to desired level, and a dash of black pepper.
- 5 Refrigerate until ready to use. To serve, drizzle a bit of olive oil and sprinkle some chopped dill over the top.

Nutrition (4 servings): Calories: 95; Protein: 6.5 g; Fat: 6.5 g (5.2 g mono- and polyunsaturated); Carbohydrate: 3.5 g; Sodium: 180-200 mg

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