Authentic Tzatziki Recipe: Greek Yogurt & Cucumber

5 MIN READ

SEP. 12, 2025

BY KELLE WALSH

Creamy and tangy, this homemade tzatziki recipe is one of the most versatile sauces in Mediterranean cooking.

You can buy tzatziki pre-made, but making it at home takes just a few minutes and delivers a cleaner, fresher flavor. Greek yogurt creates a creamy texture (low-fat works beautifully and adds more protein), while English or Persian cucumbers keep the sauce from becoming watery. Lemon, garlic, dill, and olive oil tie it all together. In winter, it becomes a bright, protein-rich counterbalance to the season's richer dishes: think roasted root vegetables, warm grain bowls, baked salmon, and, always, warm pita. In summer, it's the refreshing dip you want with crisp vegetables, grilled meats, and mezze platters.

Whether you're lightening up hearty cold-weather meals or adding cool contrast to grilled summer dishes, this tzatziki earns a spot in your year-round rotation.

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

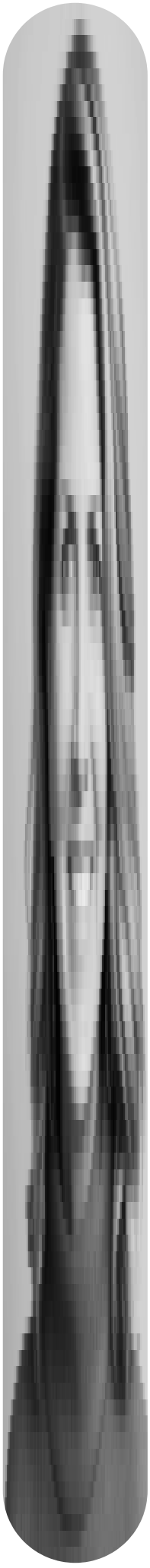
Step-by-Step Instructions

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

*The information provided in this article is for educational and informational purposes only and is not intended as health, medical, or financial advice. Do not use this information to diagnose or treat any health condition. Always consult a qualified healthcare provider regarding any questions you may have about a medical condition or health objectives.****Read our disclaimers****.*

WRITTEN BY:



Kelle Walsh