

“Farm Fresh Recipes”



SMB Colorado Master GardenersSM and The Norwood Farm and Craft Market

Tzatziki

A traditional Mediterranean and Balkans dish, it is served thicker as a dip, or thinner as a sauce for meat, veggies, etc. Variations include mint, parsley, and different amounts of olive oil and lemon. A much thinner version, made with water, is served as a cold summer soup and called Tarator.

1 medium cucumber
½ Tbsp fresh dill, or to taste
1 ½ cups greek yogurt, or regular yogurt strained overnight in cheesecloth.
1 clove garlic
1 Tbsp extra virgin olive oil
Juice and/or zest of 1 lemon
Salt to taste

Remove the seeds from the cucumber and cut into large chunks, which are then placed into a colander with a dusting of salt for about 30 minutes.

Once the cucumbers have lost some water, rinse off the salt (if desired) and drain well.

Add all ingredients into a blender/ food processor and mix. Salt to taste. Add more lemon juice or olive oil for thinner version if desired.

Enjoy!

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