

Tzatziki Dip

Nebraska Seasonal Produce Guide

6 Servings



EXTENSION

Health & Wellbeing



Ingredients

- 1 small cucumber, scrubbed with a clean vegetable brush under running water, chopped
- 1 Tablespoon fresh dill, gently rubbed under cold running water, chopped
- 1½ cups plain non-fat Greek yogurt
- 2 garlic cloves, finely minced
- 2 Tablespoons olive or vegetable oil
- 1 Tablespoon white vinegar
- ½ teaspoon salt

Instructions

1. Wash hands with soap and water.
2. Rinse and prepare produce.
3. Combine all ingredients in a bowl.
4. Serve chilled with veggies for dipping or top a burger with the dip.
5. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving (1/3 cup): Calories 80, Total Fat 5g, Saturated Fat 0.5g, Cholesterol 5mg, Sodium 210mg, Total Carbohydrates 3g, Fiber 0g, Total Sugars 2g, includes 0g Added Sugars, Protein 6g, Vitamin D 0%, Calcium 6%, Iron 0%, Potassium 2%



LEARN MORE AT **FOOD.UNL.EDU**

The University of Nebraska does not discriminate based upon any protected status. Please see <https://nebraska.edu/nondiscrimination>. This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. ©2026