



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Tzatziki Greek Yogurt Dip

8 servings

Ingredients:

- 2 cups plain low-fat Greek yogurt
- ¼ English cucumber (peeled, chopped)
- 1 small clove garlic (pressed)
- 1 TBSP fresh lemon juice
- 1 TBSP olive oil
- 2 TBSP fresh dill (chopped)
- 1 tsp salt, or to taste
- 1 tsp ground black pepper



Directions:

1. Stir together yogurt, cucumber, garlic, lemon juice, and olive oil in a bowl. Add lemon zest, dill, salt, and pepper. Mix until smooth.
2. Keep refrigerated until ready to serve.

Nutrition Tips:

1. Greek-style yogurt is simply yogurt that has been strained several more times than traditional yogurt, giving it a thicker texture, more protein, and less sugar.
2. Yogurt has natural sugar from lactose. However, many yogurts are also filled with added sugars and syrups. Switching to a plain yogurt with vegetables and herbs (such as this tzatziki dip), or plain yogurt with fresh fruit and ¼ cup granola for more natural flavors, vitamins, minerals, and fiber keep you feeling full for longer.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.