

YOGURT DIP RECIPES

Base Recipe: Yogurt Cheese

1-2 cups plain yogurt
Cloth or dish towel

Lay a towel in a bowl and put the yogurt on top of it. Fold the towel and tie it so the yogurt hangs over the bowl. Let it drain for 1-3 hours. Keep the cheese in a refrigerator until use.

Greek yogurt can be substituted or drained to shorten time although I prefer the taste of the directions above.

I. Spiced Dip

1 cup Yogurt cheese
1 tsp Dill
1 tsp Chopped green onion
1 tsp Chopped garlic

Mix the ingredients together 1-2 hours before eating. Eat on bread, raw vegetables or chips.

II. Salsa Dip

1 cup Yogurt cheese
1/2 cup Your favorite salsa

Mix the ingredients together 1-2 hours before eating. Eat on bread, raw vegetables or chips.

III. Tzatziki (cucumber garlic dip)

1 cup Yogurt cheese
1 cup Seeded and chopped cucumber
1-2 Cloves fresh garlic crushed and minced

Combine the garlic and cucumbers and drain in a fine mesh strainer with cheese/linen cloth. A pinch of salt can speed this up as does squeezing the mixture or hanging it. Optional: reserve water for salad dressings.

Combine the well drained cucumbers with yogurt and chill 1/2--2 hours before eating. Eat on bread, raw vegetables or chips, a must with Dolmas.

The longer you drain it the more like cream cheese consistency. I have even baked with it.

Note- when using fat free or low fat yogurt the calories decrease and may have more protein and calcium than cream cheese. a tarter flavor so combining also works.

Buen Provecho!