



Garlic Yogurt Sauce

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| Serves: | Prep Time: | Cooking Time: | Calories: | Skill Level: |
| 4 People | 5 MIN | 0 MIN | | 8 |

Garlic yogurt sauce is a light, creamy, and refreshing sauce made with yogurt, garlic, and simple seasonings. It has a smooth texture and a tangy flavor that pairs perfectly with grilled meats, vegetables, and wraps. This easy recipe is quick to prepare and works as both a dip and a dressing. It's a healthier alternative to heavier sauces while still delivering bold garlic flavor.

Ingredients

- 1 cup plain yogurt (Greek or regular)
- 2-3 garlic cloves, minced
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- Salt to taste
- 1 tablespoon fresh dill or parsley (optional)

Recipe Summary

- Prep Time: 5 minutes
- Cook Time: 0 minutes
- Total Time: 5 minutes
- Servings: 4
- Course: Sauce / Dip
- Cuisine: Mediterranean-inspired

Cooking Method

Instructions

1. In a bowl, combine yogurt, garlic, lemon juice, and olive oil.
2. Mix until smooth and well combined.
3. Add salt and herbs if using.
4. Taste and adjust seasoning if needed.
5. Chill for 10-15 minutes for better flavor.

6. Serve cold.

Cooking Tips

- Use Greek yogurt for a thicker texture
- Let it chill before serving for better taste
- Adjust garlic amount to your preference

Variations

- Add grated cucumber for a tzatziki-style sauce
- Add mint for extra freshness
- Use roasted garlic for a milder flavor
- Add chili flakes for a spicy version

What to Serve with Garlic Yogurt Sauce

- Grilled chicken or meat
- Wraps and sandwiches
- Roasted vegetables

- Falafel

- Flatbread

Storage

Store in an airtight container in the refrigerator for up to **3-4 days**.

Reheating

Do not reheat. Serve chilled.

Frequently Asked Questions

Can I use regular yogurt instead of Greek yogurt?

Yes, but the sauce will be thinner.

Is this sauce healthy?

Yes, it's light and protein-rich.

Can I make it dairy-free?

Yes, use plant-based yogurt.

Recipe Author

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