TURKISH · SIDE · SNACK

Cacık (Turkish Cucumber Yoghurt)

10 min · Serves 6 · 116 kcal a serve · Video 8:40 · Middle Eats

Vegetarian · Gluten-free ingredients · Nut-free

Strained yoghurt gives each serve protein, vitamin B12 and live cultures, and cucumber, dill and mint keep it fresh with very little added oil and no added sugar. A spoonful stands in well for creamy sauces.

Diet notes: Low carb (5 g net carbs) but not keto: 56% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients

9 · SERVES 6

- [ ] ½ large **English cucumber** (or 2 small salad cucumbers)
- [ ] 1 large **garlic** clove, minced
- [ ] 500 g Greek (or Turkish) strained yoghurt
- [ ] 4 tbsp **fresh lemon juice**
- [ ] 1 tbsp **fresh dill**, finely chopped (optional)
- [ ] 2 tsp **dried mint**
- [ ] 1 tbsp **olive oil**, plus a little to finish
- [ ] ½ tsp **salt**
- [ ] a sprinkle of **sumac or pul biber**, to serve

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Wash the cucumber and grate it on the coarse side of a box grater (or cut it into small cubes), then squeeze out as much water as you can in paper towel or a sieve. 1:32
2. Strip the dill leaves from their stalks and mince them finely; mince the garlic. 3:16
3. Stir the cucumber, garlic, dill, dried mint, lemon juice, 1 tbsp olive oil and salt into the yoghurt until thick and evenly mixed. 3:30
4. Spoon into a bowl, make a shallow well, drizzle in a little olive oil and sprinkle with sumac or pul biber. Serve with grilled meats, vegetables or warm flatbread. 7:02

> **Tip** Serves 6 is our estimate. For a runny, soup-style cacık, stir water into the yoghurt first. The video serves it with flatbread brushed with oil, pul biber, oregano and sumac and grilled until crisp.

The method is a summary in our words — the video shows every step.

One serve gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
116 kcal	7.8 g	5.4 g	0.4 g	7.2 g	220 mg
480 kJ	16% of a day	5 g net · 3.7 g sugars	1% of a day	3.3 g saturated	10% of a day
		2% of a day		9% of a day	

Energy from net carbs 17% · protein 27% · fat 56% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 26%

Source of (10–19%) Selenium 15%

Recipe and video: Middle Eats (@MiddleEats) on YouTube — youtube.com/watch?v=elDqcvpAvf8, published 22 December 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/middle-eats-cacik