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51 Healthy Greek Yogurt Recipes for Any Time of Day If you've been to a grocery store's dairy aisle lately, you've probably picked up on the fact that Greek yogurt is becoming pretty darn popular.

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Recipes that use Greek yogurt as the secret ingred

It wasn't that long ago (roughly 2009) that Greek yogurt barreled onto the American food scene, upending the yogurt market with its thicker, tangier, protein-packed existence, increasing Greek yogurt sales by 2,500 percent between 2005 and 2011.

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Greek yogurt is such a versatile ingredient. From spicy to sweet to savory, here are some delicious recipes to help you use up that extra yogurt in your fridge.

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Essentially Greek Yogurt is a kind of yogurt where the whey has been strained off and you are left with creamy thick yogurt. This rich yogurt of a super thick consistency, is said to have originated in the Middle East. Just like there's nothing French about French toasts, likewise there's nothing Greek about Greek Yogurt. It is said, that since many Greek dishes use thick, creamy yogurt with all the whey strained out, it might have been related to the Greek cuisine and hence the name.

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