

## [SAVORY GREEK YOGURT RECIPES](#)



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Sweet isn't the only way to eat Greek yogurt. Try these savory toppings for a healthy breakfast, lunch, or dinner using Chobani, Oikos, Stonyfield, Fage

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### **15 Savory Ideas to Eat Greek Yogurt Eat This Not That**

Swap in thick Greek yogurt for heavy cream to create a healthy spin on creamed spinach. It's beyond simple to make, too: Just mix some sautéed spinach, nutmeg, and salt into a container or two of your favorite plain yogurt and you're good to go.

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### **Cooking With Greek Yogurt 7 Savory Recipes to Try**

Greek yogurt, a low-calorie source of protein and calcium, proves its versatility in these recipes from *The Greek Yogurt Diet: The Fresh New Way to Lose Weight Naturally*, by physician and recipe developer Sonali Ruder, DO, and health author Jo Brielyn.

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### **5 Savory Yogurt Bowl Recipes Food Network Healthy**

Simple, refreshing and tasty, this combination is delicious when served with warm pita bread or alongside a Greek salad. It's also a perfect accompaniment to dips like hummus or baba ganoush. Keeping the cucumber and radish paper-thin makes it easy to mix and enjoy.

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### **How to Use Greek Yogurt Savory Greek Yogurt Recipes**

The next time you make a soup, throw a dollop of Greek yogurt in. "I like to make cold soups with yogurt and vegetables (peas, beets, asparagus, cucumber, tomatoes, scallion, everything works)," says QueenSashy. Greek yogurt is a great substitute for a sour cream dollop, too.

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### **You Need to Start Using Greek Yogurt in Savory Dishes**

Hopefully this isn't coming to you as earth-shattering news, but Greek yogurt is a clutch ingredient in both sweet and savory situations. If it is, well

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### **Savory Greek Yogurt Dip ALTON BROWN**

1 quart plain Greek yogurt; 1 tablespoon finely chopped fresh parsley; 1 tablespoon finely chopped fresh mint; 1 teaspoon ground cumin (or smoked paprika)

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### **Savory Yogurt Three Ways Foxes Love Lemons**

Savory Yogurt Three Ways - Not a fan of fruity yogurt? Turn plain Greek yogurt into a savory, protein-packed meal!

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### **46 Yogurt Recipes for Sweet Savory Fans Bon Appetit**

Yogurt is one of the few foods that lends itself seamlessly to both savory and sweet preparations. In fact, we're hard-pressed to come up with any foods that don't go well with yogurt. Here are our favorite yogurt recipes, from dips to sauces, breads, and cakes.

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