

TOMATO & YOGURT DIP WITH HONEY

Makes ~1½ cups (serve as a dip or spread)

Ingredients

- 1 large ripe tomato (or 2 medium)
- 1 cup full-fat plain yogurt (Greek or strained)
- Salt, to taste
- Freshly ground black pepper, to taste
- 1–2 tsp honey, plus more for drizzling
- Extra virgin olive oil, for drizzling
- Fresh herbs for garnish (mint, basil, or parsley - mint is my go-to)

Instructions

Prepare the Tomato

- *Wash and core the tomato(s).*
- *Grate the tomato on the large holes of a box grater into a bowl.*
- *Let it rest a minute so some watery juices separate. Spoon off excess liquid if too thin.*

Combine with Yogurt

- *In a clean bowl, add the yogurt.*
- *Fold in the grated tomato and 1–2 teaspoons honey.*
- *Season with salt and pepper to taste.*

Finish & Serve

- *Transfer to a serving bowl.*
- *Drizzle with extra virgin olive oil and a light - medium stream of honey.*
- *Garnish with fresh herbs. My go-to is mint*
- *Serve cold or at room temperature with pita, crackers, crudités, or as a spread.*