

Tzatziki Dogs - Hot diggity dog, we are going greek! Made with homemade gluten-free pita bread, fresh cucumber tomato salad, and a dairy-free friendly tzatziki sauce.

Ingredients

Cucumber Tomato Salad

- ½ english cucumber (sliced)
- 2 tomatoes (diced)
- 1-2 garlic clove (minced)
- ¼ red onion (thinly sliced)
- 2 Tbsp apple cider vinegar or lemon juice
- Salt + pepper

Tzatziki Sauce

- ½ large english cucumber (grated)
- ½ cup dairy-free plain yogurt
- 1-3 garlic cloves (pressed)
- 1-2 Tbsp fresh or dried dill
- Zest and juice of half lemon
- Salt + Pepper

Gluten-free Pita Bread

- 1 cup GF 1:1 baking flour
- ⅔ cup dairy-free plain yogurt
- 2 Tbsp baking powder
- ¼ tsp salt
- grass-fed butter

Hot Dogs

- 6-pack Applegate organic grass-fed hotdogs
- Feta, goat cheese or dairy-free feta
- Mixed greens
- Fresh parsley

Directions

1. To make the tzatziki sauce:



1. Tzatziki sauce needs time to develop flavor so start making the sauce first. Grate half english cucumber and add the grated cucumber to a mesh strainer over a bowl. Sprinkle 1 tsp salt and mix to combine. Use your hands to squeeze the salted cucumber in the mesh strainer; trying to get out as much liquid as possible.
2. Transfer the cucumber into a small bowl and add yogurt, garlic, dill, zest and juice of lemon and seasonings. Stir it all together and taste if you need to season more.
3. Chill for at least 30 minutes before serving if you have time.
2. **To make the pita bread:**
 1. In a medium bowl, whisk together the flour, baking powder, and salt. Use the back of a spoon to stir and mash the yogurt into the flour; until clumps of dough forms. Transfer dough and leftover flour from the bowl onto a flat surface and knead with your hands until a smooth ball forms. Divide the dough into 6 balls (best to weigh each ball for accurate size). Roll each ball out on a floured surface. **A tortilla press is perfect for this if you have it!
 2. In a medium pan or cast iron skillet, add a pad of butter or preferred oil on medium-high heat. Place the pita bread in the skillet and cook 2-3 minutes per side or until golden brown. Repeat with remaining pita breads.
 3. Feel free to sprinkle fresh parsley and garlic over the bread as it's cooling!
3. **To make the cucumber tomato salad:**
 1. Simply combine all ingredients into a medium bowl and adjust seasonings based on preference (i.e. salt, pepper, vinegar)
4. **To make the hot dogs:**
 1. Grill or cook in a skillet based on package instructions.
5. **Assembly time!** To a warm pita bread, layer with mixed greens, a dollop of tzatziki sauce, grilled hot dog, cucumber tomato salad, and garnish with fresh parsley, cheese crumbles, and yogurt drizzle. Enjoy!

Notes

- Products used for this recipe: [Applegate hot dogs](#), [lactose free plain yogurt](#), [tortilla press](#),
- Tips for making the dough: the dough may seem too dry, but I promise you, once you start kneading, the dough will start to form. BUT: if it's too dry; knead a Tbsp of yogurt or too wet; knead a Tbsp of flour at a time. Also remember that the more time you fiddle with the dough, the harder it gets to work with because the baking powder and yogurt start to activate.