WWW.FROMTHEROOTSBLOG.COM

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)
- ½ 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

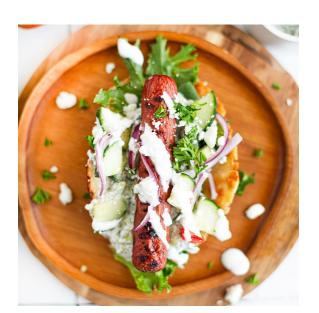
- 1 cup GF 1:1 baking flour
- ⅔ cup dairy-free plain yogurt
- 2 Tbsp baking powder
- ½ tsp salt
- grass-fed butter

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:



WWW.FROMTHEROOTSBLOG.COM

- 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!
- 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.