



Lemon–Herb Yogurt Cucumber Boats

Fresh • Savory • No-Cook • Vegetarian

Cool, crunchy cucumber filled with a bright lemon–herb yogurt spread. These simple bites are refreshing, protein-rich, and perfect for gatherings, post-yoga snacks, or light summer entertaining.

Ingredients (makes ~12 boats)

- 3 large English cucumbers
- 1½ cups full-fat Greek yogurt—I only use 0% or 2% Fage yogurt
- Zest + juice of 1 lemon
- 1 small clove garlic, grated very fine (optional)
- 2 Tbsp olive oil
- 2–3 Tbsp fresh dill, finely chopped
- 2–3 Tbsp fresh chives or parsley, finely chopped
- ½ tsp kosher salt (or to taste)
- Fresh cracked black pepper

Optional garnish:

- Crumbled feta
- Toasted pine nuts or pistachios
- Everything-bagel seasoning
- Aleppo pepper or smoked paprika
- Extra chopped herbs

Method

1. Prep the cucumbers

Slice cucumbers lengthwise and the into into quarters. Using a small spoon, gently scrape out the watery seed center to create a shallow channel.

2. Make the filling

In a bowl, combine yogurt, lemon zest and juice, garlic (if using), olive oil, herbs, salt, and pepper. Mix until smooth and taste for brightness and balance.

3. Fill

Spoon or pipe the yogurt mixture into the cucumber channels.

4. Finish

Add a light sprinkle of your chosen garnish.

5. Chill (optional)

Refrigerate 10–20 minutes to firm slightly and let flavors settle.

Serve cold.

Make-Ahead Notes

- Yogurt filling can be made up to 24 hours ahead and refrigerated.
- Cucumbers can be cut a few hours ahead and stored wrapped in a towel in the fridge.
- Assemble shortly before serving for best crunch.