

What are the topmost greek foods that come in the category of healthy and nutritious?



**Skyros greek meze Sydney:** In this article, we are going to make you understand the healthy [greek food](#) which you can find at your favorite [Greek restaurant](#).

- **Hummus**

Hummus is the popular dip in the Middle East and the Mediterranean. For thousands of years, it has been in demand and people have often written about its benefits. It is made by blending tahini, chickpeas, lemon juice, and olive oil. Well, not only does it taste the best but it comes under the category of healthy food.

One of the research has shown that its consumption reduces weight, benefits heart health, and controls sugar levels. It provides your body with the right amount of fiber and protein. Olive oil is also beneficial in different ways as it benefits brain health, less inflammation, helps you fight against cancer, and protect against stroke. You can serve it along with cracks, pita bread, and vegetables.

- **Melitzanosalata**

Melitzanosalata means eggplant in Greek but it is kind of a dip. It is made by blending roasted eggplants in garlic, lemon juice, and olive oil.

Consumption of eggplants helps your body to get fiber and essential antioxidants. They help to fight against the free radicals which can damage the cells & these are linked to cancer, aging, and chronic disease.

It is served in the form of an appetizer with vegetables and bread & it can also be used as a spread on the sandwich.

- **Tzatziki**

Tzatziki is another popular dip that is used to make Greek food. It is creamy and the calorie level is low. It is made with olive oil, cucumbers, and greek yogurt. Its consistency is creamier as compared to regular yogurt. It is strained so that the whey is removed and spoilage is prevented. By doing this the protein level is increased which helps in weight loss. It helps to increase metabolism, appetite, and hunger hormones. It is mostly served in the form of dip along with pita bread

- **Dolmades**

Dolmades are stuffed grape leaves that can be served as a main dish or appetizer. The leaves are stuffed with herbs, rice, and sometimes meat is added. The leaves are low in calories but the fiber level is high. Additionally, they also have high levels of Vitamin K and A. research have shown that its consumption helps to improve blood circulation.

- **Gigantes Plaki**

Gigantes Plaki is named after the Greek term 'Giant'. These are large white beans & baked in the oven along with fresh vegetables. While it is baked tomato sauce is added. Consumption of white beans is considered highly beneficial for health. Moreover, you will find many people in Greece who consume this daily. If you are trying to lose weight then you need to give these a try.

- **Avgolemono**

Avgolemono comes in the category of Greek Soup. in this lemon, eggs, chicken, rice, and orzo pasta is added. For many years, it has been suggested that chicken soup is great to fight against flu and cold.

One of the research has shown that consumption of this soup is great to fight against the flu and also benefit your metabolism.

