



Tzatziki Sauce



Ingredients



- 1/2 of a large English cucumber, peeled
 - 1 1/2 cups plain Greek yogurt (fat-free)
 - 2 large garlic cloves, finely minced
 - 2 tbsp. extra virgin olive oil
 - Juice of 1/2 lemon
 - 1 tbsp. minced fresh dill, mint, or both, depending on preference
 - 1/2 tsp. salt
 - Pepper to taste
- Yield: 2 cups**
Serving Size: 2 tbsp.



Directions



1. Grate or finely chop the cucumber and drain through a fine mesh sieve overnight in the fridge. If you're pressed for time, toss with a generous amount of salt and let strain for 15-30 minutes. Then use cheesecloth or paper towels to squeeze the excess moisture out.
2. Combine the yogurt, garlic, oil, lemon juice, salt, and a few gratings of black pepper in a large bowl. Cover and refrigerate overnight. If you're using it soon, simply omit the salt and refrigerate until the cucumbers are strained.
3. Transfer the grated cucumber and fresh dill to the yogurt mixture and stir to combine. Taste and add more salt or pepper if necessary. Serve chilled with veggies and pita bread for dipping.

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Nutrition Facts



Cooking Tips



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