

Tzatziki Sauce

Ingredients

- ¾ cup fat free plain greek yogurt, no sugar added
- ½ lemon, juiced
- 1 seedless cucumber
- 2 cloves garlic, minced
- 2 sprigs of fresh dill, chopped *or* ½ teaspoon of dried dill
- ¼ teaspoon kosher salt
- Pepper to taste



Instructions

1. In a medium bowl, grate the cucumber. Sprinkle the cucumber with ¼ teaspoon salt and let rest while you mix the rest of the ingredients.
2. In another medium bowl, mix the greek yogurt, lemon juice, minced garlic, and dill.
3. Place the grated and salted cucumber in the middle of a clean kitchen towel and squeeze to drain. Discard the liquid that is drained from the cucumber.
4. Mix the drained cucumber into the bowl with the greek yougurt, lemon juice, minced garlic, and dill.
5. Cover the bowl and then place into the refrigerator until ready to eat.

Nutrition Information

Recipe serves 4

30 calories, 0 g fat, 2 g carb (1.8 g sugar) 5 g protein, 90 mg sodium



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