Greek Yogurt Dip & Cucumber Sauce (Tzatziki)

Prep = Fast  |  Cook = Really fast  |  Total = 5 minutes or less

Makes 1.5 cups (serving size: ¼ cup)

Nutritional Information:
Calories 58 per serving | Fat 3.5g | Satfat 1g | Sodium 124mg

Ingredients:
2 medium garlic cloves
¼ teaspoon salt (or more to taste)
1 medium cucumber
1 cup low fat plain Greek yogurt
1 tablespoon fresh lemon juice
1 tablespoon extra virgin olive oil
1 tablespoon finely chopped fresh dill
½ teaspoon ground black pepper

Instructions:
1. Peel garlic and chop coarsely. Sprinkle with salt and mash in puree. Scrape into bowl.
2. Cut cucumber removing seeds grate cucumber flesh or mince finely and put into bowl
3. Add yogurt, lemon juice, olive oil, dill, and pepper stirring together well.
4. Cover and refrigerate for at least 2 hours for flavors to blend. Add more salt if needed. Serve as a dip with pita bread, fresh vegetables, or protein of choice.

*Note – Please be aware of food allergies, do not attempt recipes if known food allergies are present. The Artist Outreach Inc. & The University of Texas at Arlington are not responsible for allergies, injuries, or damages that may occur in preparing and or consuming items prepared by individuals through instruction provided.