Cucumber Yogurt Tzatziki Sauce

Ingredients
- 1 seedless cucumber
- 2 garlic cloves, chopped
- 1/4 Tsp salt
- 1 cup plain low-fat Greek yogurt
- 1 Tbsp lemon juice
- 1 Tbsp extra virgin olive oil
- 1/2 Tsp ground black pepper
- 1 Tbsp fresh dill, finely chopped

Equipment Needed
- Knife
- Peeler
- Grater
- Cutting board
- 1 Mixing bowl

Directions
- Cut ends off of cucumber and grate for desired size. Place in bowl.
- Sprinkle the salt on the chopped garlic, mash, and add to bowl.
- Stir in yogurt, lemon juice, olive oil, pepper, and dill.
- Cover bowl and refrigerate for at least 2 hours. Add more salt if needed. Serve as dip or as a sauce.

Nutrition Information Available Upon Request
www.nourishprogram.org

Helpful Tips
- You can mash the garlic with the side of the knife.
- Chilling is important for the flavors to blend together.
- Dill weed can easily substitute fresh dill.