

Tzatziki Sauce

INGREDIENTS

- 1 cup cucumber, finely grated
- 2 cups non-fat plain Greek yogurt
- 2 Tbsp. lemon juice
- 1 Tbsp. olive oil
- 2 garlic cloves, minced
- 1/2 tsp. salt
- 2 Tbsp. fresh dill, chopped
- 2 Tbsp. mint, chopped

SERVINGS: 10
SERVING SIZE: 2 - 3
TABLESPOONS
TIME: 10 MIN



Adapted from:
cookieandkate.com



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PROCEDURE

1. Grate the cucumber and drain the excess liquid by squeezing it out and draining it.
2. Add all of the ingredients to a medium bowl and stir well. Add additional salt, pepper, and lemon juice to taste.
3. Garnish with mint leaves or dill and a drizzle of olive oil before serving.

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