

Tzatziki



Yield: 1½ cups



Ingredients:

Cucumbers	1 or 2 medium	
Salt	¼ tsp	1.25 mL
Yogurt, plain 1% M.F.	1 cup	250 mL
Garlic, minced	1 - 2 cloves	
Lemon juice	½ tbsp	7.5 mL
Mint, dried	¼ tsp	1.25 mL
Dill, dried	¼ tsp	1.25 mL
Black pepper	to taste	

Instructions:

1. Rinse cucumbers and cut them in half length-wise.
2. With a spoon, scrape the seeds out of each half and discard.
3. Grate cucumbers on large blade of a box grater.
4. Mix in salt.
5. Set a strainer over a bowl. Place cucumber and salt mixture into strainer and let drain for 30 minutes.
6. Press cucumber mixture with the back of a large spoon to squeeze out remaining liquid. Discard liquid.
7. In a bowl, mix the cucumber with the remaining ingredients. Adjust seasoning to taste.
8. Cover and chill; serve cold.

Tzatziki Culinary Notes:

- Tzatziki is versatile recipe and works well as a dip, sauce, or dressing. Try it with raw veggies, on a pita, wrap or sandwich, or tossed with ingredients for a salad.