



Tzatziki Dip

Ingredients:

- 1 cup grated cucumber
- 1 cup plain fat-free yogurt
- 1 tablespoon fresh mint, chopped
- 2 teaspoons dried dill
- 2 teaspoons lemon juice
- 1/4 teaspoon salt
- 2 cloves garlic, minced

Directions:

1. Grate cucumber and squeeze out liquid with hands.
2. Place cucumber on large plate covered with paper towels to absorb remaining liquid.
3. Combine all ingredients and still well to blend.
4. Serve immediately or after one hour of refrigeration for more developed flavor.

Tips:

- You can peel the cucumber first, but leaving the peel on adds fiber.
- For a more traditional version, use full fat Greek yogurt instead.

Serves 14

Serving size: 2 Tablespoons

Other information:

Tzatziki dip can be used in a variety of ways from topping meats, salads, and sandwiches to dipping breads and vegetables.

Nutrition Facts

Serving Size 2.00 tablespoon(s) (26g)

Amount Per Serving

Calories 12 Calories from Fat 0

% Daily Value

Total Fat 0.1g 0 %

Saturated Fat 0.0g 0 %

Trans Fat 0.0g

Cholesterol 0.4mg 0 %

Sodium 49.2mg 2 %

Total Carbohydrate 1.9g 1 %

Dietary Fiber 0.1g 0 %

Sugars 1.5g

Protein 1.1g

Vitamin A 0 % Calcium 4 %

Vitamin C 1 % Iron 1 %

Recipe Tested By

