

TZATZIKI

Tzatziki is a common cucumber yogurt sauce and very easy to make. Avoid using lowfat yogurt in this dish. This dip can be high in garlic, so adjust the amount you put in if you don't want to go around breathing dragon breath on everyone.

INGREDIENTS

- Plain whole milk Greek yogurt
- 1 long English hothouse cucumber
- Extra virgin olive oil
- 2-4 cloves of garlic
- Juice from half a lemon
- Fresh dill
- Salt and pepper



INSTRUCTIONS

- 1** Peel and slice the cucumber lengthwise. If it has seeds, scrape them out from the center with a spoon. Grate or finely chop the cucumber (grating is better). Layer several paper towels together, or use a dish towel, to squeeze the cucumber to remove as much of the water as possible. You may need to do this a few times. Drier is best.
- 2** Finely chop 2-4 cloves of garlic (or less if you don't want stink breath). Chop the dill.
- 3** In a bowl, combine the cucumber, garlic, and dill. Add the yogurt, lemon, and 2 tablespoons olive oil, season with salt and pepper, and stir to combine.



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