



TZATZIKI DIP

INGREDIENTS

- 1 small cucumber
- 2 cups Greek yogurt (or yogurt of choice)
- 2 cloves garlic, minced
- 1/4 cup fresh mint, chopped
- 1/4 cup fresh dill, chopped
- 1-2 tsp. ground cumin
- 1/2 tsp. salt
- Zest and juice of 1 lemon
- 2 tbsp. olive oil

DIRECTIONS

1. Shred **cucumber** with a box grater. Place shreds in a strainer and press with a spatula or spoon to remove excess liquid.
2. In a medium mixing bowl, combine **all ingredients** and mix well.
3. Refrigerate and enjoy within a week.

MAKES About 1 quart

TOOLS & EQUIPMENT

Measuring cups, measuring spoons, box grater, medium mixing bowl, strainer, knife, spatula

GREAT ADDITIONS/SUBSTITUTIONS

Serve as a spread with assorted veggies, whole wheat crackers or pita bread. Thin with water or vinegar to use as a salad dressing.

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