



TZATZIKI DIP

SERVINGS: 6
SERVING SIZE: 1/3 CUP

PREPPING TIME: 10 MIN
TOTAL TIME: 10 MIN

INGREDIENTS

- 16 oz. low-fat plain Greek yogurt
- 1 1/2 Tbsp. dill, chopped*
- 1 Tbsp. lemon juice
- 2 cloves garlic, minced**
- 1/2 cucumber, grated
- 1/2 tsp salt

* Substitute 2 tsp dried dill in place of fresh

** Substitute 1/2 tsp garlic powder in place of fresh garlic

DIRECTIONS

1. Prepare your ingredients: roughly chop dill, squeeze lemon juice, mince garlic, and use a cheese grater to grate the cucumber.
2. Using a paper towel over a bowl, squeeze any excess water out of the grated cucumber.
3. Add all ingredients to a medium sized bowl and mix until well combined.
4. Refrigerate for 30 minutes.
5. Serve with fresh veggies or whole wheat pita and enjoy!

NOTES:

Let your kids help by squeezing the excess water out of the grated cucumber, squeezing the lemon, adding the ingredients to the bowl, or by mixing up the final product!

This can be served with fresh cut veggies, toasted whole grain bread, or poured over a salad as dressing. If you want to use this recipe as a salad dressing instead of a dip, thin it out by adding olive oil and mixing well.

Recipe adapted from: <https://bit.ly/3106j0o>

