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## Tzatziki -- Greek Cucumber Dip

**Source:** Liz Gump

**Serving size:** 2 tablespoons **Servings per recipe:** 8

This easy to prepare spicy dip is refreshing on a hot summer day.

### Ingredients

1- 5.3oz container of plain non-fat Greek yogurt  
 1/2 cucumber  
 2-4 crushed garlic cloves  
 1 teaspoon lemon juice  
 1 teaspoon chopped or dried mint (or dill)  
 1/2 teaspoon of salt  
 pepper to taste  
 1 tablespoon olive oil  
 Greek olives, optional

### Materials

Knife, cutting board, grater, colander or sieve, measuring spoons, mixing spoon, bowl, container with lid.

### Directions

\* Peel cucumber, cut in half lengthwise, and scoop out the seeds with a teaspoon. Coarsely grate.

\* Put grated cucumber in a colander, or a sieve. Sprinkle with salt and mix. Put a plate on top of the cucumber, and let cucumber drain for about an hour. The weight of the plate will squeeze the liquid out of the cucumber.

\* Mix cucumber with yogurt, crushed garlic, lemon juice and mint in a bowl. Season with pepper, to taste.

\* Refrigerate Tzatziki dip for several hours (or overnight) in a sealed container before serving, to allow flavors to combine.

\* To serve, put Tzatziki in a bowl and drizzle with the tablespoon of olive oil. Serve with cut up vegetables, or slices of whole grain pita bread or a baguette.

## Nutrition Facts

8 servings per container

**Serving size** **2 Tablespoons**

**Amount Per Serving**

**Calories** **30**

% Daily Value\*

**Total Fat** 2g **3%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 150mg **7%**

**Total Carbohydrate** 1g **0%**

Dietary Fiber 0g **0%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

**Protein** 2g **4%**

Not a significant source of vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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