

Tzatziki

Sauce



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Serves: 6 (1/2 cup servings)

Items Needed: Blender or food processor (you can use a grater if you don't have a blender or food processor.) measuring cups, mixing spoon, knife, cutting board.

Ingredients:

- ½ cup low fat plain Greek yogurt
- ½ cup sour cream
- ½ English cucumber
- 2 cloves garlic
- 2-4 sprigs of fresh dill or ½ tsp dried
- 1 Tbsp lemon juice
- Salt and pepper to taste

Directions:

1. If using a food processor, rough chop the cucumber into large dice, add along with remaining ingredients into blender or processor and puree until garlic and cucumber are broken down.
2. If using a grater, grate the cucumber and strain excess liquid off with a paper towel or mesh strainer.
3. Mince garlic until very small and chop dill to desired size.
4. Mix all ingredients together in a bowl until combined uniformly.
5. Enjoy!

Nutrition Information (per ¼ cup):

Calories: 58 Fat: 4.1 g Carbs: 3 g Protein: 2.8 g Fiber: .2 g