

Yogurt-Cucumber Dip (Tzatziki)

INGREDIENTS

- 1 English cucumber, seeded and grated
- 2 cups 2% plain Greek yogurt
- 1 clove garlic, minced or ½ tsp garlic powder
- 1 tbsp extra virgin olive oil
- 3 tbsp lemon juice
- 2 tbsp fresh dill or mint
- ¼ tsp each salt and pepper

DIRECTIONS

In medium-sized bowl, mix together cucumber, yogurt, garlic, olive oil, lemon juice, dill (or mint), salt and pepper. Serve with red pepper, carrots, grape tomatoes and celery for dipping.



Makes 4 servings. Each:
86 calories • 8g protein •
4g fat • 5g carb • .5g fiber •
133mg sodium