Tzatziki Greek Yogurt and Cucumber Sauce Recipe

**SERVINGS: 8-9**

**INGREDIENTS**
3 cups fat-free plain Greek yogurt
3 Tbsp lemon juice
1 garlic clove, chopped
2 medium cucumbers, peeled, seeded & diced
1 Tbsp salt
1 Tbsp finely chopped dill
Salt & pepper to taste

**DIRECTIONS**

1. Peel cucumbers and cut in half lengthwise. Take a small spoon and scrape out and discard the seeds.
2. Dice cucumbers and put them in a colander with 1 Tbsp salt. Let stand for 30 minutes to draw out the water. Drain well and wipe dry cucumber pieces with paper towel.
3. In a food processor with a steel blade, add cucumbers, garlic, lemon juice, dill, and a few grinds of black pepper.
4. Process until well blended.
5. Stir the mixture into the yogurt.
6. Taste before adding any extra salt, then salt if needed.
7. Place in refrigerator for at least two hours before serving so flavors can blend (do not skimp on the resting time!!!).
8. Drain off any excess water and stir before serving.

**NUTRITIONAL ANALYSIS PER SERVING (1 cup)**
Calories: 53
Fat: 0 grams
Protein: 6 grams
Carbohydrate: 8 grams
Cholesterol: 1.7 mg
Sodium: 839 mg
Sugar: 7 grams
Fiber: 0.3 grams