



Cucumber Tzatziki Sauce

Servings 4 | Prep time 7 mins. | Total time 7 mins.

Equipment:

Medium bowl

Utensils:

Mixing spoon

Measuring cups and spoons

Ingredients

1/2 cucumber, halved with seeds removed

3/4 cup plain Greek low-fat yogurt

2 cloves garlic, minced OR 2 teaspoons garlic powder

1 tablespoon red wine vinegar

1 tablespoon fresh dill, minced

1/8 teaspoon salt

1/8 teaspoon black pepper

Instructions

1. Before you begin, wash your hands, surfaces, produce, and utensils.
2. Dice each cucumber half. Place cucumber pieces into a paper towel and press to remove excess water.
3. In a medium bowl, add the cucumber, yogurt, garlic, red wine vinegar, fresh dill, salt, and black pepper and mix well. Store covered in refrigerator for up to 3 days.

Nutritional Information:

Calories 40

Total Fat 1g

Sodium 90mg

Total Carbs 3g

Protein 5g