

# TZATZIKI

## INGREDIENTS

(For 40 -2 tbsp each)

- 1, 32 oz (4 cups) container of plain greek yogurt
- ½ an english cucumber
- 1 clove garlic, pressed
- 2 tbsp fresh lemon juice
- 1 tbsp olive oil
- 3 tbsp chopped fresh dill (or 3 tsp of dried dill)
- ¾ tbsp salt
- 1 tbsp ground pepper
- Optional: 2 teaspoons of grated lemon zest



## DIRECTIONS

1. Grate cucumber into tea towel and squeeze out remaining liquid.
2. Combine all ingredients in a bowl, mix well.
3. Cover tightly, and refrigerate 8 hours before serving.

### COOKING TIP

After zesting lemon, roll it on the counter with pressure from your palm, cut it in half and juice it. Freeze the remaining zest and juice in separate containers for future use.

### FACT

The straining process to make Greek yogurt results in it being thick and higher in protein than traditional yogurt.