TZATZIKI SAUCE

FUNCTIONAL FOODS

Serving size: ¼ cup **Makes 20 servings**

- 2 ½ cups Cucumber, seeded, finely chopped
- 3 cups Plain Yogurt
- ¼ cup White Wine Vinegar
- 2 TBSP Dill Weed, chopped
- 2 TBSP Mint, chopped
- 1 tsp Kosher Salt
- 2 TBSP Canola Oil
- 2 tsp Garlic Cloves, minced

Preparation:

1. In a mixing bowl, combine cucumber, yogurt, vinegar, dill, mint, salt, oil and garlic. Mix until smooth.

Chef Tip: If you don't have fresh herbs, substitute with dried herbs using one-third the amount. For example, in this recipe, replace 2 tablespoons of fresh herbs with 2 teaspoons of dried herbs.

NUTRITION FACTS

PER SERVING

calories	30
total fat (g)	1.5
saturated fat (g)	0
sodium (mg)	120
total carbohydrate (g)	3
dietary fiber (g)	0
added sugar (g)	0
protein (g)	2

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