

TZATZIKI SAUCE

Serving size: 2 oz

Makes 10 servings

- 1 medium Cucumber, peeled, seeded, diced
- 1 ½ cups Plain, Fat Free Yogurt
- 1 tsp Garlic Cloves, minced
- 1 TBSP Oil
- ½ tsp Salt
- 1 TBSP Fresh Mint, chopped
- 1 TBSP Fresh Dill, chopped
- 2 TBSP White Wine Vinegar

Preparation:

1. Finely chop cucumber.
2. Combine cucumber, yogurt, garlic, oil, salt, mint, dill and white wine vinegar. Mix until sauce is smooth. Chill until ready to serve.

Registered Dietitian Approved!

NUTRITION FACTS	
PER SERVING	
calories	35
total fat (g)	1.5
saturated fat (g)	0
trans fat (g)	0
sodium (mg)	120
total carbohydrate (g)	3
dietary fiber (g)	0
sugar (g)	3
protein (g)	2