

Tzatziki Dip

Ingredients:

| | |
|---------------------------|--|
| Cucumber, large | 1 |
| Salt | 1 Tablespoon |
| Plain yogurt/Greek yogurt | 3 cups |
| Garlic, chopped | 2 cloves (or 1 teaspoon garlic powder) |
| Lemon juice | 1 Tablespoon |
| Dill, dry | ½ Tablespoon |

Directions:

1. Wash, peel and grate 1 cucumber. Sprinkle the grated cucumber with salt (draws out water). Let sit 10 minutes.
2. In a separate bowl, mix together yogurt, chopped garlic, lemon juice and dill.
3. Put grated cucumber into a clean tea towel or paper towel and squeeze out extra liquid. Add drained grated cucumber to yogurt mixture. Stir well.
4. Taste before adding any extra salt. Add extra salt only if needed.
5. Place in refrigerator for at least 2 hours before serving so flavours can blend. Will keep for 3 days in the refrigerator.

Serves 12

