

Best Tzatziki Dip!

Yield: 1 cup

Ingredients:

1 cup grated cucumber (from about 1 medium 10-ounce cucumber, no need to peel or seed the cucumber first) - Use English cucumbers
½ cup plain Greek yogurt- Use 2% milkfat
1 tablespoon extra-virgin olive oil
2 teaspoons chopped fresh mint and/or dill
1 ½ teaspoons lemon juice
1 medium clove garlic, pressed or minced
¼ teaspoon fine sea salt

Instructions:

1. Working with one big handful at a time, squeeze the grated cucumber between your palms over the sink to remove excess moisture. Transfer the squeezed cucumber to a small serving bowl and repeat with the remaining cucumber.
2. Add the yogurt, olive oil, herbs, lemon juice, garlic, and salt to the bowl, and stir to blend. Let the mixture rest for 5 minutes to allow the flavors to meld. Taste and add additional chopped fresh herbs, lemon juice, and/or salt, if necessary (I thought this batch was just right as-is).
3. Serve tzatziki immediately or chill for later. Leftover tzatziki keeps well, chilled, for about 4 days.
4. Pairs great with raw veggies, toasted pita, grilled veggies, grilled meats, or as a sandwich or salad topper

Approximate Nutrition Facts per ¼ cup:

Calories: 77, Protein: 4 g, Fat: 5 g, Carb: 4g, Fiber ~1 g