

## Tzatziki Dipping Sauce

- 8 oz 5% Milkfat Greek yogurt or plain yogurt
- 1/2 English cucumber
- 1/2 tsp fresh mint (or 1/4 tsp dried)
- 1/2 tsp fresh dill (or 1/4 tsp dried)
- 1/2 tsp oregano (or 1/4 tsp dried)
- 2 garlic cloves
- 1/2 lemon+
- 1/2 tsp pepper
- 1/2 tsp salt



- If you have time to start the night before- place yogurt in a strainer lined with cheesecloth over a bowl and in the fridge.
- Peel cucumber. Small dice into even cubes.
- Mince the herbs and garlic.
- Juice the lemon.
- Mix all the ingredients and season to taste with salt, pepper, and lemon juice. For more spice, add minced garlic.

### My notes

For a smoother consistency, grate 1-3 of the cucumbers instead of dicing.