TZATZIKI

Serves: 6
Approximate Cost of the Recipe: $2.71
Approximate Cost per Serving: $0.45

INGREDIENTS:

1 cucumber
1 lemon
   OR 3 Tablespoons lemon juice
2 teaspoons fresh dill
   OR 1 teaspoon dried dill
1 1/2 cup plain Greek yogurt
1 teaspoon garlic powder
   OR 2 cloves garlic, minced
2 Tablespoons olive oil

DIRECTIONS:

1. Wash all fresh produce under running water.
2. Dice cucumber. Slice lemon in half, if using. Remove stems and chop fresh dill, if using. Mince fresh garlic, if using.
3. Combine cucumber, lemon juice (removing any seeds if using fresh), dill, Greek yogurt, garlic powder (or minced garlic), and olive oil. Stir to combine.
4. Serve with vegetables, whole grain chips, pita bread, or on a sandwich and enjoy!

Prepared by Rhode Island Community Food Bank’s Healthy Habits, Eating Well on a Budget Program. Contact: Melissa Furtado, Community Nutrition Manager | (401)230-1700 | mfurtado@rifoodbank.org