

# TZATZIKI

**Serves:** 6

**Approximate Cost of the Recipe:** \$2.71

**Approximate Cost per Serving:** \$0.45



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## INGREDIENTS:

1 cucumber

1 lemon

OR 3 Tablespoons lemon juice

2 teaspoons fresh dill

OR 1 teaspoon dried dill

1 ½ 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!