



Tzatziki Dip

A traditional Greek yogurt and cucumber sauce with herbs.

Equipment:	Ingredients:
Knife	2 cups grated cucumber
Chopping board	1 ½ cups plain Greek yogurt
Grater	2 table spoons olive oil
Measuring cups	2 tablespoons chopped fresh mint and/or dill
Measuring spoons	1 tablespoon lemon juice
2 Medium mixing bowls	1 medium garlic clove, minced
Juicer	½ tsp sea salt
Mincer	
Spoon	

Instructions:

Remove the tip off the cucumber and grate.

Using your hands, squeeze the excess moisture from the cucumber and place into a mixing bowl.

Add the yogurt, olive oil, herbs, juice, garlic and salt to the bowl. Stir with a spoon to combine.

Let the mixture to rest for 5 minutes to allow the flavours to develop. Taste and add additional herbs, lemon juice, and/or salt if necessary.

Serve immediately or refrigerate for later. Can be kept in fridge for 3-4 days.