

Tzatziki

Yield: 2 and 1/2 cups

Ingredients :

2 cups grated cucumber, about 1 medium sized cucumber
1 and 1/2 cups plain greek yogurt
2 tablespoons extra virgin olive oil
2 tablespoons chopped fresh dill and/or mint
1 tablespoon lemon juice
1 garlic clove, minced
1/2 teaspoon fine sea salt

Directions :

1. After grating the cucumbers, remove any extra moisture out of the cucumbers by gently squeezing a handful over the sink. Transfer the squeezed cucumber to a serving bowl.
2. Add the yogurt, olive oil, herbs, lemon juice, garlic, and salt to the bowl and stir to blend. Taste, and adjust salt, lemon, or herbs if needed.
3. Serve immediately or store in the refrigerator to chill.
Tzatziki will last in the fridge for up to 5 days.

