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Tzatziki Sauce

Ingredients:

6 oz. Plain, non-fat Greek yogurt
1/3 cup Minced English cucumber (peeled & seeded)
1 tsp. Minced garlic
1 tsp. Lemon juice
1/2 tsp. (heaping) Fresh dill, chopped
1/4 tsp. Salt
1/8 tsp. Pepper

Directions:

1. Stir all ingredients together.
2. Refrigerate at least 1 hour.

* Piece of cucumber approx. 2-inches will yield 1/3 cup