



*littlecajungirl.com*

## 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