



GREEK TZATZIKI

Basic Lifestyle

INGREDIENTS

- 1 (32 ounce) container plain low-fat Greek yogurt
- ½ English cucumber with peel, grated
- 1 clove garlic, pressed
- 2 TBS fresh lemon juice
- 2 TBS extra-virgin olive oil
- 2 TSP grated lemon zest
- 3 TBS chopped fresh dill
- 1 TBS salt, or to taste
- 1 TBS freshly ground black pepper, or to taste

INSTRUCTIONS

- Stir together yogurt, grated cucumber, garlic, lemon juice, and olive oil in a bowl.
- Add lemon zest, dill, salt, and pepper; whisk until smooth.
- Pour into a serving dish, cover tightly, and refrigerate 8 hours before serving.

SERVING INFO: (Yields 5 cups for 40 servings)

2 TBS = 22 calories (towards your Fat serving for the day)

See recipe photo at [Instagram](#) and [Facebook](#).