



## Tzatziki Sauce

If there is one single sauce that immediately makes people think of Greece... it's this baby.

The favorite sauce of Gus Portokalos, King of the Greeks. This delicious sauce is creamy, refreshing and brings a bright 'pop' to any dish, thanks to loads of minced cucumber, fresh dill, mint and lemon juice. It's commonly slathered on EVERYTHING Greek, including Gyro sandwiches. "You give me a sauce... aaaaany sauce... and I tell'a you how the root of'a that sauce... iz'a Greek."

### Ingredients:

- 1 cup plain fat free Greek yogurt
- 1/2 cup cucumber. Peeled, finely chopped/minced and pressed between paper towels to remove excess liquid.
- 1 Tbsp lemon juice
- 1 tsp olive oil
- 1 small garlic clove, crushed, finely chopped
- 1 Tbsp fresh dill, finely chopped, loosely packed
- 1/2 tsp fresh mint, finely minced (optional)
- 1/4 tsp salt

### Serving Info:

Yield: 1-1/4 cups  
Servings: 5  
Serving Size: 1/4 cup



- last checked 11/15/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

### Directions:

1. Peel 1/2 of a medium sized cucumber. Finely mince/dice it, then press the minced cucumber onto paper towels, to remove as much of the excess liquid as possible. Yes... I know I'm repeating this from the ingredients, but it's important. Set aside.
2. Finely mince the fresh dill and mint (if using), as well as the garlic clove, set aside.
3. Mix all of the ingredients together in a bowl, till well combined. Set aside in the fridge for at least 1 hour. The flavors will develop much more, if allowed to rest.

### Notes:

- If you don't have access to fresh herbs, you can use dried dill and dried mint, however, the flavor won't be the same. IF you end up using dried herbs, I'd recommend 1-1/2 tsp dried dill and 1/4 tsp dried mint. You'll also definitely need to let the sauce rest, for the herbs to absorb some of the moisture from the yogurt.
- As mentioned above, the mint is optional.
- Don't have fresh garlic? Not a problem. Use 1/4 tsp garlic powder. It'll work in a pinch, though the flavor will obviously be a little different.
- Cucumber: If it'd make you sleep better at night, you can choose to remove the 'seeds' of your cucumber. I didn't, but you can. You do you, Boo.

