

Tzatziki & Vegetables

Hands-on - 8 min.

Serves 16

My thanks to Carol Brickenden and Stacy Rafalko for this simple and delicious dip for vegetables. It is also the traditional Greek sauce used in pita sandwiches. Try using this instead of butter or mayonnaise in a sandwich.

2 cups plain nonfat yogurt

12 to 24 hours before serving:

Line a strainer with a paper coffee filter or cheesecloth. Place over a bowl. Spoon yogurt into coffee filter, cover and refrigerate for 12 to 24 hours.

Yogurt will now be thick. Discard the collected liquid beneath or use it in soups or breads. Remove yogurt from the filter and place in a small bowl.

1/2 cucumber, peeled, seeded & shredded
2 large cloves of garlic, minced
1/2 tsp dill weed*
1/4 tsp salt
2 tsp lemon juice
1 tsp olive oil

1 hour before serving:

Mix into yogurt.

6 cups any combination of fresh vegetables (see right)

Serve with a variety of fresh vegetables like: fresh green beans (lightly steamed), green, red or yellow peppers, carrots, celery, zucchini, yellow squash, tomatoes, cucumbers, radishes, broccoli and cauliflower. Also delicious with pita triangles and *Bagel Chips* (page 37).

**Can use 1 tsp chopped fresh dill instead.*

Nutrition information for approximately 2 T dip

Calories	20	Fat	0 g	Fiber	0 g	Sodium	57 mg	Total Carbohydrate	3 g
Calories from Fat	0%	Saturated Fat	0 g	Cholesterol	0 mg	Protein	1.5 g	Sugars	2 g