



Tzatziki



Start to finish time: 20 minutes

Number of servings: 4

Nutrition Facts

Serving size ¼ cup

Amount per serving
Calories **61**

% Daily Value*

Total Fat 2.1g	3 %
Saturated Fat 0.3g	2 %
<i>Trans Fat</i> 0g	
Cholesterol 3.2mg	1 %
Sodium 169mg	7 %
Total Carbohydrate 4.3g	2 %
Dietary Fiber 0.2g	1 %
Total Sugars 2.8g	
Includes 0g Added Sugar	0 %
Protein 6.8g	
Vitamin D 0mcg	0 %
Calcium 78mg	6 %
Iron 0.2mg	1 %
Potassium 153mg	3 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FOOD SAFETY TIPS

1. Wash hands with warm, soapy water for 20 seconds.
2. Sanitize all food preparation surfaces.
3. Rinse and clean all produce.

INGREDIENTS:

- 1 cup thick nonfat Greek yogurt
- 1 tablespoon lemon juice
- ½ tablespoon olive oil
- 1 ½ teaspoons garlic (minced)
- ¼ teaspoon salt
- ½ cup cucumber (diced or grated with the excess water removed)

Optional ingredients:

- 1 tablespoon dill (chopped)
- 1 tablespoon mint (chopped)

DIRECTIONS:

1. Gather and prepare ingredients.
2. In a medium bowl, add the yogurt and whisk until smooth.
3. Add the remaining ingredients except for the cucumber. Mix well.
4. Fold in the cucumber and chill until ready to use.



STEP-BY-STEP DIRECTIONS:



Step 1

Gather and prepare ingredients.



Step 2

In a medium bowl, add the yogurt and whisk until smooth.



Step 3

Add the remaining ingredients except for the cucumber. Mix well.



Step 4

Fold in the cucumber and chill until ready to use.

SUBSTITUTIONS:

- If you decide to use the optional ingredients, dried dill and mint can be used in place of fresh but reduce the amount by $\frac{1}{2}$.

MSU EXTENSION NOTES:

- Use a cheesecloth, clean kitchen towel, or paper towel to squeeze out the excess liquid from the grated cucumber. If dicing the cucumber, there is no need to do this step.

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