



Tzatziki

4 Servings • 1 Serving = ¼ Cup

INGREDIENTS

- 1 small cucumber
- 1 cup low-fat plain Greek yogurt
- 1 small garlic clove, grated
- 2 Tablespoons fresh dill, chopped
- Juice of 1 lemon
- ½ teaspoon salt, or to taste
- ½ teaspoon freshly ground black pepper

DIRECTIONS

1. Peel cucumber, cut in half lengthwise and scoop out seeds with a spoon. Grate each half with a cheese grater. Place into a bowl.
2. Add the yogurt, garlic, dill, lemon juice, salt and black pepper. Stir well to combine.
3. Allow to chill for an hour before serving.

Nutrition Facts

4 servings per container	
Serving size	1/4 cup
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 320mg	14%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 1mcg	6%
Calcium 119mg	10%
Iron 0mg	0%
Potassium 127mg	2%
*The % Daily Value 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.	

chefs.org

@CHEFSanAntonio

