



Tzatziki Sauce

10 oz (1 large cucumber) Cucumber, shredded
10 oz (1 cup) Plain Nonfat Greek Yogurt
1 clove Garlic, minced
2 tbsp Lemon Juice
1 tbsp Fresh Dill, finely chopped (1 tsp dry)
1 tbsp Fresh Parsley, finely chopped (1 tsp dry)

Recipe Details

6 servings	33 calories/serving
0 calories SGC	5 calories NSV
4 grams Carb / 0 grams Fat / 6 grams Protein	

Shred the cucumber, then be sure to squeeze out excess liquid. In a medium bowl, combine all ingredients, seasoning with salt and pepper to taste, stirring well. Feel free to add additional lemon juice and herbs. Cover and refrigerate at least 30 minutes.

Inspired by Tasty

Recommendations from Mama G

Enjoy this with a "Greek" style meal or with raw veggies for snack. If using MFP, make easy by simply add amount of Greek yogurt used.