

Tzatziki Sauce Meze (Greek appetizer)

Makes 2 cups

- ¾ tsp salt
- 3 cloves of fresh garlic
- 1 ½ cup plain yogurt
- 1 small cucumber
- 1 Tablespoon chopped fresh dill (and/or mint)
- ¼ teaspoon fresh ground black pepper
- 1 tablespoon red wine vinegar

Spread salt on chopping board and chop the garlic on top of the salt (can also be made in a mortar and pestle)
Place the salt mixture in a medium size bowl and add the yogurt; stir well.
Peel the cucumber. Slice it in half, lengthwise and scrape out the seeds.
Finely Chop the cucumber into fine pieces, squeeze well to remove some of the liquid, and then add cucumber to yogurt. Stir in herbs, pepper and vinegar. Mix, cover and keep for up to 2 days. Enjoy with pita sandwiches, falafel, grape leaves, vegetables and soups!

Nutrition Facts			
Serving Size (28g)			
Servings Per Container			
Amount Per Serving			
Calories 15	Calories from Fat 5		
% Daily Value*			
Total Fat 0.5g			1%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 115mg			5%
Total Carbohydrate 1g			0%
Dietary Fiber 0g			0%
Sugars 1g			
Protein 1g			
Vitamin A 0%	•	Vitamin C 0%	
Calcium 2%	•	Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			