

# Tasty Greek Appetizer, Reimagined



## Healthy Tzatziki Dip

*Serves: 4 | Serving Size: 1/4 cup*

### *Ingredients:*

1 cucumber, cut in half and sliced thinly  
1 tsp fresh lemon juice  
1 clove garlic, finely minced  
1/4 tsp dried dill  
1 tsp fresh mint, chopped  
1/2 cup plain Greek yogurt

### *Directions:*

Combine all ingredients in a medium bowl and toss thoroughly.

Cover and refrigerate until ready to serve.

## Nutrition Information:

Serves 4. Each serving contains 31 calories, 1 g fat, 0 g saturated fat, 0 g trans fat, 2 mg cholesterol, 23 mg sodium, 5 g carbohydrate, 0 g dietary fiber, 3 g sugar, and 2 g protein.

Each serving also has 1% DV vitamin A, 3% DV vitamin C, 6% DV calcium, and 0% DV iron.

## About Greek Tzatziki:

Tzatziki is frequently used as the sauce on gyros, but it can also be a salad dressing, sauce for grilled meats or mild fish, or a dip. Instead of dill you can season tzatziki with mint or parsley.

This recipe uses low-fat or non-fat plain Greek yogurt and both dill and mint. You can experiment with how much seasoning you like.

Serve it by itself as a salad, or as a dip with whole-grain crackers, pita chips, or vegetable crudités.

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