

# Greek Cucumber-Yogurt Dip (Tzatziki)

*Barbara Nickas*

*Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011*

*1 pint Greek plain yogurt  
juice of one lemon  
2 tablespoons olive oil  
1 teaspoon dried dill  
3 to 4 cloves garlic, finely  
chopped  
1 cucumber, finely chopped,  
pulp and seeds removed*

Place the yogurt in a bowl. Add the lemon juice, olive oil, dried dill and garlic.

Refrigerate overnight or for six hours.

Add the cucumber before serving.

Serve as a dip with crisp vegetables or pita chips.

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Per Serving (excluding unknown items): 294 Calories; 27g Fat (80.8% calories from fat); 3g Protein; 12g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 2 1/2 Vegetable; 5 1/2 Fat.