



# Tzatziki

## Ingredients:

3 cucumbers  
½ tsp salt  
2 cups plain yogurt  
2 cloves garlic, minced  
1 tbsp vinegar  
1 tsp lemon juice

2 tbsp olive oil  
¼ tsp dried mint  
¼ tsp dried dill

## Instructions:

1. Peel cucumbers and scoop out seeds.
  2. Grate cucumbers into medium bowl.
  3. Sprinkle salt over cucumbers and mix well. Allow to sit for at least 30 minutes. Squeeze out liquid.
  4. Mix cucumbers with remaining ingredients. Chill in refrigerator.
  5. Serve with whole wheat pitas.
- Makes 12 servings.