

— Tzatziki Sauce —



DelFresco
Pure

Yield: 3½ cups

Prep Time: 30 minutes

Total Time: 2 hours

This is the cool and creamy sauce that is usually served as a condiment on Greek Gyro sandwiches. The recipe calls for the thicker Greek Yogurt, also called, "Greek Cheese". If you can't find this type of yogurt, you can use plain regular yogurt from the grocery store.

Ingredients:

1 Del Fresco Pure™ Seedless
Cucumber

3 cups thick Greek Yogurt

3 tablespoons lemon juice

1 clove garlic, minced

1 tablespoon fresh dill,
chopped

1 tablespoon fresh mint,
chopped

1 package of cheesecloths

Season with salt and pepper

Directions:

1. Shred cucumber then spoon into cheesecloth and twist to remove liquids. Place in mixing bowl.
2. Measure and spoon yogurt into cheesecloth then twist to remove liquids.
3. Add strained yogurt, garlic, lemon juice, dill and mint to cucumber pulp and mix well.
4. Place in refrigerator for at least two hours before serving so flavours can blend.

Cooking Tips:

This will keep for a few days in the refrigerator, but you will need to drain.

Nutrition Facts:

Serving Size: ¼ cup, Servings Per Recipe: 12, Amount Per Serving: Calories 43, Calories from Fat 10, Total Fat 1.1g (2% Daily Value), Saturated Fat 0.8g (4% Daily Value), Cholesterol 2mg (1% Daily Value), Sodium 18mg (1% Daily Value), Potassium 123mg (4% Daily Value), Carbohydrate 3.3g (1% Daily Value), Dietary Fiber 0.2g (1% Daily Value), Sugars 2.5g, Protein 5.3g.

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