

# Tzatziki Sauce Recipe

**Prep Time:** 10 minutes    **Total Time:** 10 minutes

Tzatziki is a healthy sauce you can serve with chicken, grilled veggies, pita chips, gyros and as a raw veggie dip.

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**Skill Level:** Easy

**Cost to Make:** \$4-\$5

**Servings:** 3 cups

## Ingredients

- 1/2 English cucumber peeled
- 16 oz 2 cups Cold plain Greek yogurt (either full fat or fat free will work)
- 4 cloves garlic pressed
- 1/3 cup chopped dill fresh or frozen
- 1 1/2 Tbsp freshly squeezed lemon juice Juice of 1/2 lemon; please squeeze a real lemon
- 1/2 tsp salt or to taste
- 1/8 tsp black pepper

## Instructions

1. How to Make Tzatziki Sauce:
2. The Cucumber should be peeled, finely diced and strained of it's juices. I squeezed it really tight by the fistful. You can use a cheese cloth if you wish. Getting rid of excess juice is important so that you tzatziki sauce isn't watery the next day.
3. Combine the strained and chopped cucumber with 2 cups plain greek yogurt, 1 1/2 Tbsp lemon juice, 4 pressed garlic cloves, 1/3 cup chopped dill, 1/2 tsp salt (add more to taste) and 1/8 tsp black pepper.
4. Mix everything together and add more salt to taste if needed. It's best to refrigerate for about 1 hour before serving to let the flavors meld. It tastes even better when refrigerated overnight!

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