



BODYBUILDING.COM™

Tzatziki Sauce

Ingredients:

Nonfat plain Greek yogurt, strained, 1 cup
Cucumber, peeled, seeded, and grated, 1/2 cup
Garlic clove, minced, 1
Lemon juice, 1 tbsp
Fresh dill, 1-1/2 tsp
Kosher salt, 1/4 tsp
Dash white pepper (optional)

Directions:

1. Strain off excess liquid from yogurt, and add to a medium mixing bowl.
2. Peel one medium cucumber and scoop out seeds. Grate cucumber using a box grater and squeeze out excess liquid in a paper towel.
3. Add cucumber, minced garlic, and remaining ingredients to yogurt, stirring until smooth.
4. Store in the fridge up to one week.