Tzatziki Sauce

A true Mediterranean favorite is the famous tzatziki sauce; you know, the sauce you get on a gyro?! This is it!! This sauce is a protein rich source with high quality ingredients. It pairs nicely with warm pita or raw veggies for a snack, on a gyro, or alongside falafel.

**Ingredients:**

1 small English cucumber, peeled and sliced  
1 tsp Salt  
1 tsp White vinegar  
1 tbsp Extra virgin olive oil  
2 cups Plain Greek yogurt, nonfat  
1 tsp Ground black pepper

**Directions:**

1. After peeling and slicing the cucumber, place in a food processor. Pulse until cucumber is grated and somewhat smooth. Remove from food processor onto a double folded, large paper towel or kitchen towel. Wrap the grated cucumber in the towel and squeeze until all the water is drained from the cucumber.
2. Place cucumber in a large bowl and combine with rest of ingredients. Mix until all are combined.
3. This will keep well in the fridge for 6-7 days. Serve alongside warm pita, raw veggies, falafel, or on a gyro.

**Nutrition Facts:**

Servings: 8  
Serving size: about ¼ cup