



# Tzatziki Dip

25  
CALORIES

0g  
FAT

8  
SERVINGS

## INGREDIENTS

1 cup	0%-Fat Greek yogurt - (we like Siggi's since it's already strained)	1 clove	garlic - crushed
1	cucumber – remove seeds to achieve 1 cup grated and squeeze dry	1 tsp	lemon juice
		1 Tbsp	fresh dill - chopped
		1 Tbsp	fresh chives - chopped
			black pepper - to taste

## Tzatziki Dip: Instructions

1. If not using an unstrained yogurt, strain it using a strainer lined with a coffee filter for a few hours to remove as much liquid as possible. Set aside.
2. Quarter the cucumber and cut off all the seeds. Grate the cucumber and sprinkle with salt. Let sit for around 20 minutes. Give it a squeeze in paper towels to help release excess liquid.
3. Stir all ingredients into a bowl to combine. Refrigerate for a couple of hours before serving.