

Tzatziki Sauce Sauce



This fresh Middle-eastern cucumber sauce is also a must with falafel. Like Tahini Sauce it works on pretty much anything you pair it with. It's even an excellent salad dressing. I absolutely love it over chard!

Preparation Time: 10 minutes - Serves: 4-6

Organize Your Ingredients!

Notes on Organizing

You can simply prep as you go when making Tzatziki Sauce.

Tzatziki Sauce

- 1/2 C. plain, nonfat yogurt
- 1 clove garlic (smashed and skin removed)
- 1/3 C. onion (coarsely chopped)
- 1 T. olive oil
- 2 T. lemon juice
- 1 large cucumber (peeled, seeded/quartered)
- 2 T. fresh dill
- 1/4 tsp. Asian Pepper sauce

Assembly Instructions

Be sure to seed the cucumbers when making Tzatziki Sauce. Slice the cucumber in half and drag a spoon through the pulp and seeds in the center. They'll come right out.

Combine ingredients and blend well in food processor. Transfer to a bowl, cover and refrigerate.

When stored in a jar with a tight-fitting lid it'll keep for at least a week.

