

tzatziki (cucumber-yogurt) dip

try this tangy dip with vegetables or pita wedges, with Greek food, or on sandwich wraps

Serves: 4

ingredients:

- 1 c plain Zoi Greek nonfat yogurt
- 1 c peeled, shredded English cucumber
- 2 tb finely chopped fresh mint or dill
or 1 tsp dried mint or dill weed
- 1/4 tsp pressed or minced garlic
- 1/2 tsp salt
- 1/4 tsp granulated sugar (optional)

- 2 tsp olive oil, to drizzle over when served

preparation:

Squeeze the shredded cucumber to remove as much liquid as possible; then press in paper towels to remove additional moisture.

Combine all ingredients (except olive oil) in medium bowl and blend thoroughly. Cover and refrigerate 1 hour for flavors to blend. Drizzle with olive oil before serving.

Serving tip: try serving tzatziki with warmed pita bread, cut into quarters. Place cut 4 cut pitas on a platter and add tomato wedges (2 tomatos), Feta cheese, Greek olives, thinly sliced onion and fresh basil leaves for a satisfying assemble-it-yourself spread.

