

# Tzatziki Sauce



## Ingredients

- 1 cup plain greek yogurt
- 1/4 cup grated cucumber
- 1/4 cup dill
- 2 tbsp minced garlic
- 2 tbsp lemon juice
- 1/8 tsp black pepper

## Directions

1. Grate cucumber
2. In a bowl mix together grated cucumber, greek yogurt, dill, minced garlic, lemon juice and black pepper
3. Enjoy!

Skill Level: EASY

**Servings: 4**  
**Serving Size: 1/3 cup**  
**Nutrition Facts / Per Serving:**

Calories 42  
Carbohydrates 4 g  
Protein 6 g  
Potassium 110 mg  
Phosphorus 80 mg  
Sodium 20 mg