

Tzadziki Sauce

Linda Matthews

Ingredients

1 pint lowfat yogurt or sour cream

1 small cucumber

2 cloves garlic, minced

salt to taste

Optional:

1 teaspoon olive oil

1 teaspoon lemon juice

finely shredded mint leaves, or parsley



Directions

Peel and remove seeds from cucumber, then grate on a medium grater.

Mix the ingredients together and store in the refrigerator for at least an hour before serving.

Some variations include:

- adding a teaspoon of olive oil and lemon juice
- adding finely shredded mint leaves or parsley
- substituting sour cream for the yogurt

Comments:

Tzadziki sauce is used in Middle Eastern cooking. It is a nice dipping sauce for chicken or beef and is sometimes used as a dip for veggies or pita bread.