

# Easy Tzatziki

*Serves: 6*



## Ingredients

- ½ English cucumber, grated
- 1 cup plain, low-fat Greek yogurt
- 2 cloves garlic, minced
- 1 Tbsp fresh dill or mint, minced
- Juice of 1 lemon (1-2 Tbsp)

## Method

1. Grate cucumber. Using a paper towel, squeeze out excess liquid.
2. Combine all ingredients and serve chilled.

***Per 2 Tbsp serving:*** 25 calories, 4g protein, 3g carbohydrate, 1g fat, 0g fiber, 20mg sodium, 2%DV potassium, 4%DV magnesium



Seasoned Cook