

TZATZIKI SAUCE

Ingredients:

1 (8 oz) container plain yogurt
1 (8 oz) container sour cream, low-fat
2 large cucumbers, peeled and seeded
2 Tbsp olive oil
2 Tbsp lemon juice
1 Tbsp fresh dill, chopped
2 garlic cloves, minced
Salt
Pepper



Tip: this recipe tastes better if you let cool in the fridge for a few hours prior to serving. Use as a dipping sauce for vegetables, on falafel, or as a salad dressing.

Instructions:

- Shred the cucumbers and cover with a thin layer of salt. Allow to stand for an hour, until the cucumbers begin to drain. Discard of the liquid.
- Combine the sour cream, olive oil, lemon juice, dill, garlic, salt and pepper in a food processor.
- Add yogurt and cucumbers to the blended mixture. Stir with a spatula.
- Serve chilled.

Serves 4 to 6 people

Definition

To *seed* a cucumber means to remove its seeds. This method is very simple to do. Cut the cucumber in half (lengthwise) and use a spoon to scrape out the seeds.