

## **RECIPE**

Hero Vegetable: Cucumber

## Tzatziki Sauce

## Ingredients:

1 cucumber, seeded and finely grated

1 ½ cup plain Greek yogurt

1-2 Tbs fresh dill, finely chopped

2 cloves garlic, minced

2 Tbs olive oil

1 tsp salt

½ tsp white pepper

1 Tbs white vinegar

Cheese cloth and fine mesh strainer

## **Directions:**

Combine all the ingredients except cucumber in a bowl. Cover with plastic wrap and refrigerate overnight. Lay a sheet of cheese cloth over the strainer then fit the strainer over a bowl. Place the grated cucumber in the cheese cloth and allow to sit overnight in the refrigerator.

Next day: Removing the excess juice from the cucumber is important. Gather the four corners of the cheesecloth so the grated cucumber comes together in the center. With the other hand, give the cucumber a good squeeze. Discard the excess liquid.

Combine the strained cucumber with the yogurt mixture. Serve with toasted pita chips or as a vegetable dip.