

Tzatziki

- 35.3 oz. Fage O% Fat Greek Yogurt
- 2 tbsp. chopped dill
- 1/2 cucumber
- 4 cloves of garlic, minced
- Optional: 1/2 cup feta (can add more or less to taste)

1. Wash hands for 20 seconds, using warm soapy water. Make sure to scrub under your finger nails, around your wrists, and in between your fingers.
2. Place yogurt in a mid-sized mixing bowl.
3. Using a microplane grate the cucumber , in the yogurt.
 - a. If using European cucumbers, you do not need to remove the seeds. If using cucumbers with seeds, remove the seeds to avoid having a runny sauce.
4. Finely chop the dill and add to the bowl with the yogurt and grated cucumber.
5. Mince 4 cloves of garlic, and add to the mixing bowl.
6. Using a spatula, mix the yogurt, dill, cucumber, and garlic together, until everything is fully incorporated.
7. If you like feta cheese, feel free to add 1/2 cup of feta to the tzatziki. You can alter this amount, based on your particular preference.

Enjoy with grilled chicken or as a dip for vegetables! OPA!