

# Sauces and Dressings

## Greek Cucumber, Yogurt Sauce (Tzatziki)

*\*Vegetarian, Gluten-Free*

This sauce can be used in so many different ways. It's the traditional sauce you enjoy on gyros. Use it as a dressing for salads, a sandwich spread, a topping for meats or as a veggie dip. The possibilities are endless. So make a batch and keep it in the fridge and use it in a variety of ways.

### You'll Need

- 1 cup plain yogurt
- 1 medium cucumber peeled, deseeded and finely chopped
- 1 teaspoon salt
- 1 teaspoon sugar
- 2 tablespoons fresh chopped mint (you can substitute with dried mint)
- 1 teaspoon lemon juice
- 2 tablespoons olive oil
- 1 garlic clove, chopped



### Directions

- Sprinkle ½ teaspoon of salt on the chopped cucumber and let sit for approximately a half an hour to pull some of the water out of the cucumber. Drain off excess water.
- Mix all additional ingredients and then add the cucumber. Mix well. Adjust flavors as you see fit.

### Play with your Food

- For a thicker consistency use Greek style yogurt.
- Add more garlic.
- Use more or less mint.
- Use as a vegetable dip.

Med Well Kitchen Tested