Tzatziki Sauce

SERVINGS	SERVING SIZE	EST. PROTEIN / SERVING	TOTAL TIME
About 12	2 Tbsp	About 2 g	10 min

Ingredients

- **1/2 cup finely grated cucumber**
- **1 cup thick whole milk Greek yogurt**
- **1 tablespoon fresh lemon juice**
- **1/2 tablespoon extra-virgin olive oil**
- **1 garlic clove**, grated
- **1/4 teaspoon sea salt**
- **1 tablespoon chopped fresh dill**
- **1 tablespoon chopped fresh mint**, optional

Directions

1. **Squeeze the cucumber.** Place the grated cucumber on a clean towel and gently squeeze out the excess water.
2. **Mix.** In a medium bowl, combine the cucumber, yogurt, lemon juice, olive oil, garlic, salt, dill and optional mint.
3. **Chill.** Cover and refrigerate until ready to use.

Store & Serve

Keep covered at **40°F or below**; refrigerate within **2 hours** and use within **3-4 days**. Freezing may make the cucumber softer and the yogurt less smooth.

Refrigerator:

Thawed: Keep refrigerated, stir gently and serve cold. Use within **3-4 days**.

Frozen: Thaw covered in the refrigerator overnight. Pour off excess water if needed, stir to recombine and serve cold. The texture may remain less creamy.