

MINTED YOGURT TZATZIKI SAUCE



DIFFICULTY
EASY



TIME
15 MIN



SERVES
1 1/2 CUP OR 4
SERVINGS

INGREDIENTS

1 Cup plain, unsweetened greek-style yogurt
1/2 Cup Mint leaves, thinly sliced
1 tsp freshly chopped garlic (about 2 cloves)
1/2 tsp ground black pepper
1/4 tsp cumin
1/4 tsp dried oregano (optional)
1 tsp lemon juice
1 tsp lemon zest
1/4-1/2 tsp sea salt
1/2 Cup diced cucumber (remove any watery part of the seed pocket before dicing so that the sauce stays thick)

DIRECTIONS

1. Mix all ingredients together

NUTRITION FACTS PER SERVING

Calories: 71 Fat: 4.5g (Saturated Fat: 2.8g) Carbohydrates: 4.8g Fiber: 0.5g Sugar: 2.3g Protein: 2.3g



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