



Tzatziki Recipe



Basic Ingredients (4 servings=4 cups)

2 cups of shredded and squeezed cucumber
400 grams Greek yoghurt 10% fat
1 garlic clove pressed
2-3 tablespoons fresh, finely chopped dill
½ teaspoon salt
¼ teaspoon ground pepper (any color)
2 tablespoons vinegar
2 tablespoons olive oil

Directions

Mix all ingredients and chill for at least 1 hour. Serve as a dip or as an accompaniment to your main dish.

Tip

Can be kept for 5 days, covered and refrigerated.

Nutritional values per serving/ 1 cup

Provided by P. Tilelis, Executive Coordinator of Fitness-Nutritionist, Office of Athletics

Recipe: Sophie Themelis, Wellness Coordinator, Pilates Instructor, ACG Health & Wellness Center

Energy:	200 calories
Total fat:	17.5 g
Cholesterol:	50 mg
Sodium:	305 mg
Total carbs:	5 g
Dietary fiber:	0.5g
Protein:	6 g