



Creamy Tzatziki Sauce

Ingredients

16-oz. plain Greek yogurt
1 small cucumber, chopped
1 clove garlic, minced
1 tablespoon lemon juice
1 teaspoon dried dill
(or 1 tablespoon chopped fresh mint)
Salt and pepper to taste

Directions

1. Combine all ingredients in a bowl, and stir together.
2. Enjoy with whole wheat pita bread or crackers, or as a dip with broccoli and celery sticks.



Public Health

Durham County Department of Public Health Nutrition Division (919) 560-7837. This material was funded by the SNAP-Ed Nutrition Education and Obesity Prevention Grant Program. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Offices of Civil Rights, 1400 Independence Avenue, SW, Washington D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer. **SNAP, or Food and Nutrition Assistance, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (919) 560-8000.**



Creamy Tzatziki Sauce

Ingredients

16-oz. plain Greek yogurt
1 small cucumber, chopped
1 clove garlic, minced
1 tablespoon lemon juice
1 teaspoon dried dill
(or 1 tablespoon chopped fresh mint)
Salt and pepper to taste

Directions

1. Combine all ingredients in a bowl, and stir together.
2. Enjoy with whole wheat pita bread or crackers, or as a dip with broccoli and celery sticks.



Public Health

Durham County Department of Public Health Nutrition Division (919) 560-7837. This material was funded by the SNAP-Ed Nutrition Education and Obesity Prevention Grant Program. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Offices of Civil Rights, 1400 Independence Avenue, SW, Washington D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer. **SNAP, or Food and Nutrition Assistance, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (919) 560-8000.**