

Tzadiki Sauce



INGREDIENTS

1 c. Greek yogurt (FAGE TOTAL 0%)
3/4 cucumber, peeled and chopped
1 bunch of Dill
3 garlic cloves
4 Tbsp. Olive Oil
Pinch of chopped onion
Pinch of salt

DIRECTIONS

Combine all ingredients in blender or food processor and puree until smooth. Chill in refrigerator and serve with salad or as a dip for vegetables, lean meat, chicken, fish or seafood kebobs. It may also be eaten alone as a protein.