



## Lemon-Dill Tzatziki

### INGREDIENTS

- 1 cup plain, Greek yogurt
- 1 medium cucumber, seeded, finely grated, and drained
- 1 clove garlic, finely minced
- 1 tsp lemon zest
- 2 TBSP fresh lemon juice
- 2 TBSP chopped fresh dill
- Kosher salt and black pepper to taste

### DIRECTIONS

In a medium bowl, mix together the yogurt, cucumber, garlic, lemon zest, lemon juice, and dill. Season with salt and pepper to taste. Chill. Makes 2 servings; 100 calories each.

\* For extra flavor, add some coarsely chopped fresh mint.