

Tzatziki (Cucumber Yogurt) Sauce

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Ingredients

- 1 cup (250 mL) plain whole milk yogurt
- ½ cup (125 mL) grated cucumber
- 4 tbsp (50 mL) sunflower, flaxseed, or olive oil
- 2 tbsp (30 mL) finely minced onion
- 2 garlic cloves, minced

Instructions

Combine all ingredients. Chill for one hour. Serve with falafels, pita bread, chicken, spanakopita, or fresh vegetables.

Makes 1½ cups (375 mL).