

Tzatziki Dip

6 servings

Snacking can be an important part of a healthy diet. Plan and choose snacks that are full of good things our bodies need instead of snacks that are full of extra calories, sugar, and fat.



- 1 small cucumber, scrubbed with clean vegetable brush under running water, chopped
 - 1 Tablespoon fresh dill, gently rubbed under cold running water, chopped
 - 1 ½ cups plain non-fat greek yogurt
 - 2 garlic cloves, finely minced
 - 2 Tablespoons olive or vegetable oil
 - 1 Tablespoon white vinegar
 - ½ teaspoon salt
1. Wash hands with soap and water.
 2. Rinse and prepare produce.
 3. Combine all ingredients in a bowl.
 4. Serve chilled with veggies for dipping or top a burger with the dip.
 5. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving (1/3 cup): Calories 80, Total Fat 5g, Saturated Fat 0.5g, Cholesterol 5mg Sodium 210mg, Total Carbohydrates 3g, Fiber 0g, Total Sugars 2g, includes 0g Added Sugars, Protein 6g, Vitamin D 0%, Calcium 6%, Iron 0%, Potassium 2%.