
Tzatziki

Servings: 8

Tzatziki is traditionally served as an appetizer and can be left on the table as an accompaniment to foods throughout the meal. The key to great tzatziki is the thick creamy texture that allows it to be eaten alone, as a dip or as a spread.

16 ounces yogurt cheese (drained yogurt)

4 cloves garlic, puree'd, may add up to 10 cloves

1/2 cup cucumber, fine diced, drained

1 tablespoon extra virgin olive oil

2 teaspoons lemon juice, fresh squeezed

Prepare all ingredients 24 hours in advance.

Combine oil and lemon juice in a medium mixing bowl.

Fold the yogurt in slowly, making sure it mixes completely with the oil.

Add the garlic, according to taste

Add the cucumber

Gently blend by folding

Slight variations include 2 teaspoons of either finely chopped fresh dill or fresh mint. Either one makes a tasty addition.

The thick, full-fat yogurts available at Greek, Middle Eastern, and specialty food markets - or a commercial full-fat strained yogurt - will give the best results. You can also make your own strained yogurt using full-fat, low-fat, or fat-free commercial yogurt.

Per Serving (excluding unknown items): 82 Calories; 2g Fat (22.3% calories from fat); 7g Protein; 9g Carbohydrate; trace Dietary Fiber; 4mg Cholesterol; 86mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 1/2 Fat.