

# TZATZIKI: GREEK CUISINE

## Ingredients:

- 1 medium cucumber
- ¼ t salt, or to taste
- 1 c plain Greek yogurt
- ½ T olive oil
- 1 clove garlic, minced
- 1 t vinegar or lemon juice
- ¼ t dried dill



## Directions:

1. Peel the cucumber, slice it in half, remove the seeds. Finely chop the cucumber. Set it in a colander in a bowl.
2. Sprinkle the cucumber bits with a pinch of salt. Let drain for at least 15 minutes, or preferably up to an hour.
3. While the cucumber drains, line a strainer with cheesecloth or use a fine-mesh sieve. Pour in the yogurt and let it drain over a bowl to catch the liquid for at least 15 minutes, or preferably one hour.
4. When the cucumber has drained, squeeze out the excess liquid with a paper towel or clean hands.
5. In a small bowl, combine the squeezed cucumber, yogurt, olive oil, garlic, vinegar or lemon juice, and dill.
6. Stir in the remaining salt, or add more salt to taste. Chill, if possible.
7. Serve as a dip or sauce with pita bread, shish kebobs, or vegetables.