Tzatziki:

Yield: 500mL
Preparation Time: About 20 minutes

Ingredients:	Equipment:
• 1 small-sized cucumber • 1 cup (250 ml) plain yogurt • 1 Tbsp. chopped fresh dill leaves ***or*** fresh mint leaves • 1 small garlic clove • ¼ tsp (1mL) salt	• Grater • Measuring cups and spoons • Garlic press or microplane • Small, sharp knife • Cutting board • Large spoon • Medium-sized bowl

Method:

1. Grate the cucumber on the largest hole on the grater. Squeeze all the water out of the cucumber (over a bowl or the sink). Put in a medium-sized bowl.
2. Add the yogurt to the bowl.
3. Pick the leaves off of dill sprigs or mint sprigs. Tear the herbs into the yogurt bowl.
4. Peel the skin from the garlic and press through a garlic press or grate on a microplane. Add to the bowl.
5. Add the salt then mix the ingredients together well. You can garnish with a small sprig of mint or dill, if you wish.
6. Chill until ready to eat.

Tasty Tip:

- Tzatziki is even better the next day, once the flavours have blended together.

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