

## Tzaziki Sauce

**Prep Time:** 10 minutes

**Cook Time:** 0 minutes

**Total Time:** 10 minutes

**Servings:** 4

**Serving Size:** ¼ cup

### Ingredients:

1 cup plain Greek yogurt  
1 tablespoon dried dill  
½ cucumber, peeled and diced  
1 ounce feta cheese, crumbled  
1 garlic clove, minced  
Juice of half a lemon  
Salt and pepper to taste

### Directions:

1. Mix all ingredients in a bowl. Cover and chill until ready to serve.

### Tips and Tricks:

Serve with falafels☺

### Nutritional Information Per Serving:

**Calories:** 54  
**Fat:** 1.6 g  
**Cholesterol:** 6.3 mg  
**Sodium:** 101.6 mg  
**Total Carbohydrate:** 4.2 g  
**Dietary Fiber:** 0.4 g  
**Sugars:** 2.6 g  
**Protein:** 6.4 g