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Femme Phorm Non-Fat Tzatziki Sauce

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- 3 cups non-fat Greek yogurt
 - 1 lemon, squeezed
 - 1 garlic clove, chopped
 - 1 tablespoon kosher salt
 - 1 tbsp finely chopped fresh dill
 - 2 medium sized cucumbers, seeded and diced
1. Remove the skin from the cucumbers. Remove the seeds from the cucumbers by slicing each of the cucumbers in half and scooping out the seeds with a spoon.
 2. Drain some liquid from the cucumbers by dicing up the cucumbers into thick chunks and placing in a colander over a bowl. Sprinkle with 1 tablespoon of kosher salt and drain for 30 minutes. The salt will release the majority of the water from the cucumbers.
 3. Place the cucumbers, lemon juice, chopped garlic and chopped fresh dill into a food processor until cucumbers are finely chopped.
 4. Stir in the Greek yogurt and chill in the refrigerator for 2 hours.
 5. Serve with fresh veggies, wheat pita bread wedges or use as a dip for chicken, salmon or lamb!