



Cucumber-Yogurt “Tzatzki” Dip

We offer this refreshing dip in a tiny Filo pastry tulip as a compliment to our Chicken Souvlaki. American yogurt has more moisture than traditional Greek style, so we use a coffee filter placed in a small strainer basket to drain the yogurt and create a thick product similar to the texture of sour cream. Try it on a baked potato or toss with crab or cooked shrimp for an easy chilled salad.

INGREDIENTS:

1 medium hot house cucumber, seeded, grated, drained
16 oz. fat free, plain yogurt, drained
1 clove finely minced garlic
1 Tbsp fresh dill weed, chopped
½ tsp sea salt
1 sheet organic whole wheat filo pastry (optional)
2 coffee filters
Freshly ground black pepper to taste

PREPARATION:

- Prepare cucumber and place in a coffee filter suspended in a small strainer for 2 hours or overnight
- Drain yogurt in a coffee filter-lined strainer suspended over a small bowl for 4 hours or overnight
- Discard liquids and combine cucumber, yogurt, garlic, dill, salt and pepper and mix well
- If you wish to serve the dip in filo cups: very lightly spray oil one sheet of dough and fold in half. Repeat to make four layers of thickness. Cut filo into small squares and press into mini muffin tins. Bake on 400 degrees for 5 minutes. Fill with dip just before serving.

Yield: about 16, 1 oz. (2 Tbsp) servings

Calories: 10 (20 if served in filo)

Fat Grams: 0 (2 if served in filo)

