

Tzatziki (from <http://mybizzykitchen.com>)

Course: main meals

PointsPlus™ Value: 1

Servings: 8 (1/4 cup each serving)

Preparation Time: 30 min

Cooking Time: 5 min

Level of Difficulty: Easy

Ingredients

- 2 cup(s) Nonfat, Chobani Plain Greek Yogurt
- 1 clove(s) garlic clove(s) (medium)
- 2 medium English cucumbers
- 1 tablespoon kosher salt
- 1 tsp dill
- 1/2 tsp black pepper
- 1/2 tsp. salt
- 2 Tbsp fresh lemon juice
- 1 tsp prepared horseradish

Instructions

Slice cucumbers in half, remove seeds, and slice. Put in a colander and sprinkle with the tablespoon of salt.

Let the cucumbers drain in a colander for 30 minutes. Drain well and wipe dry with a paper towel.

In a food processor, add cucumbers, garlic, lemon juice, dill, horseradish and a few grinds of black pepper. Process until well blended, then stir into the Greek yogurt.

Refrigerate for a couple of hours for the flavors to blend.