

Tzatziki Cucumber Sauce



Tzatziki Cucumber Dairy-Free Greek Sauce (w/ Dairy Option)

Serves 6 to 8

Time: As long as it takes



Ingredients:

2 cups grated cucumber (1 medium 10-oz cucumber)

1 ½ cups plain non-dairy yogurt

½ cup non-dairy sour cream

(or 2 cups Greek yogurt)

½ tsp ground Fennel Pepper

½ tsp fine sea salt (plus more to taste)

2 Tbsp extra-virgin olive oil

2 Tbsp finely chopped fresh dill

1 Tbsp finely chopped fresh mint

1 Tbsp lemon juice

1 Tbsp minced fennel

Cucumber
2 cups = about 1 medium
10-ounce cucumber

Cucumber
No need to peel or seed
first

Cucumber
Grate on the large holes of
your box grater

Cucumber
Lightly squeeze excess
water between your palms

Cucumber
Lightly salt grated
squeezed cucumber and let
sit a few minutes

Additional nutritional information: Its yummy good

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Contributors: Team FP



Preparation:

Working with one big handful at a time, lightly squeeze the grated cucumber between your palms over the sink to remove excess moisture.

Transfer the squeezed cucumber to a serving bowl, and repeat with the remaining cucumber.

Lightly salt the cucumber – let it sit for a few minutes while chopping dill and mint. ~

Gently press your hand against the pile of cucumber and side of bowl to remove a bit more water.

Add the yogurt, olive oil, herbs, lemon juice, fennel pepper, and salt to the bowl, and stir to blend.

Let the mixture rest for 10 minutes to allow the flavors to meld or plan to refrigerate for later.

Taste and add additional chopped fresh herbs, lemon juice, and/or salt, as necessary

Serve immediately or chill for later.

Leftover Tzatziki keeps well and tastes come together with a little more time when chilled.

Keeps for about 4 days.