



# Cucumber-Herb Tzatziki

Prep: 5 minutes | Cook: 0 minutes | Total: 10 minutes

Yield: 3 servings | Serving Size: ¼ cup

## Ingredients

½ cup grated cucumber, squeezed to drain excess liquid

½ cup plain yogurt

1 tablespoon fresh mint, chopped

1 tablespoon fresh basil, chopped

1 tablespoon finely chopped garlic scapes (or 1 clove minced garlic)

2 teaspoons lemon juice

1 teaspoon extra-virgin olive oil

Pinch salt

## Directions

1. Add the grated and drained cucumber to a medium mixing bowl.
2. Add the yogurt, mint, basil, garlic scapes, lemon juice, oil, and salt.
3. Stir to combine.
4. Serve right away, or chill before serving.

## Recipe Notes

- Substitute dill for the basil, if desired.
- Add as a spread on a sandwich or wrap, serve with whole-wheat pita, or serve with whole-grain crackers.

Nutrition Facts Per Serving: Calories: 60 | Total Fat: 2 g | Saturated Fat: 1 g  
Sodium: 130 mg | Total Carbohydrate: 8 g | Dietary Fiber: 1 g | Protein: 3 g

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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