

## Cucumber yogurt dip

### Cucumber Yogurt Dip

- \* 1 large cucumber
- \* ½ t salt
- \* 2 cloves garlic, minced
- \* 2 t fresh mint, diced
- \* 2 t fresh dill, dice
- \* 1¾ c plain yogurt
- \* 2 t lemon juice
- \* 1 T olive oil

Peel the cucumber, cut it in half lengthwise, and scrape out the seeds with a spoon. Dice the cucumber, sprinkle with salt, and let sit for 10 minutes, then drain.

Add the garlic, mint, dill, and yogurt. Mix well, then stir in the remaining ingredients.

Notes This sauce/dip is traditionally served with gyros, but can be served alongside other dips with a selection of vegetables, breads, and/or crackers. It's also very nice when served alongside very spicy dishes - a way to refresh your palate before you go back for more.