



## **Garlicky Greek Yogurt Dip**

Serves 10

Start to Finish: 18 minutes

*Whether you serve this quick mixture as a dip, spread, or condiment, you will love having it in your recipe repertoire.*

- 1 8-ounce container fat-free Greek yogurt (1 cup)
- ½ cup grated unpeeled English (or hot house) cucumber, drained and patted dry
- 2 tablespoons grated onion (sweet preferred)
- 1 tablespoon snipped fresh dill weed
- 1 tablespoon fresh lemon juice
- 2 teaspoons chopped fresh mint
- 2 teaspoons honey
- 2 large garlic cloves, minced
- 1 teaspoon olive oil (extra-virgin preferred)
- 1/2 teaspoon dried oregano, crumbled
- 1/8 teaspoon salt

In a medium bowl, stir together all the ingredients. Serve immediately or cover and refrigerate for up to 24 hours.

**Cook's Tips:** Greek yogurt is strained, making it richer and thicker than the yogurt you probably have been using. It is much like the yogurt cheese you may have made, but it doesn't require any time and effort. Greek yogurt is now readily available in specialty food stores as well as natural food stores, high-end supermarkets, and the health section of many other supermarkets.

You can omit either the dill weed or the mint, but the dip is even better with both.

### **Nutritional Analysis**

One Serving =2 tablespoons

Calories 23

Fat 0.5 g

    Saturated Fat 0.0 g

    Trans Fat 0.0 g

    Polyunsaturated Fat 0.0 g

    Monounsaturated Fat 0.5 g

Cholesterol 0 mg

Sodium 38 mg

Carbohydrates 3 g

    Fiber 0 g

    Sugars 2 g

Protein 2 g

**Diabetic Exchanges: Free**