

TZATZIKA

- 1 cucumber
- 2 T. grated onion
- 1 minced garlic clove

1/2 c. sour cream

1/2 c. plain lowfat yogurt

salt and white pepper Wash cucumber and partially peel (leave about 1/3 peel for color) then grate. Drain cuke and onion in strainer and press. Add remaining ingredients and season. Chill well. Serve with Greek olives and pita triangles. Makes 2 cups or 8 servings.

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