



## **TZATZIKI (CUCUMBER YOGURT DIP)**

### **Ingredients**

- 1 1/2 cups plain yogurt
- 2 tablespoons olive oil
- 1 small cucumber
- 1 clove garlic, finely chopped or minced
- 1 tablespoon dill
- 1-2 tablespoons lemon juice
- salt & pepper

### **Instructions**

1. Peel, seed and chop cucumber into small (1/4in.) pieces.
2. Combine ALL the ingredients in a large bowl. Stir in cucumber.
3. Allow flavors to blend at least 30 minutes before serving.
4. Serve cold. Great as a dip for cut vegetables and chips or as a spread for sandwiches

## **Produce Storing Chart**

### **Store in fridge:**

- Eggplant
- Apples
- Berries
- Peppers
- Broccoli
- Carrots
- Cauliflower

### **Store in pantry:**

- Potatoes
- Bananas
- Tomatoes
- Onions
- Citrus
- Garlic
- Peaches



- Corn
- Cucumber
- Grapes
- Green beans
- Leafy Greens
- Peppers
- Zucchini
- Yellow Squash
- Cabbage
- Celery

- Melons
- Pineapple
- Plums
- Pears
- Avocados
- Spaghetti
- Lemons
- Limes