Tzatziki Dip

Ingredients

2 cups (500 ml) plain Greek yogurt
1 cup (250 ml) diced cucumber
2 tbsp (30 ml) fresh lemon juice
2 cloves of garlic, minced
2 tbsp (30 ml) finely chopped fresh dill (or fresh mint)
¼ tsp (1.25 ml) salt
¼ tsp (1.25 ml) pepper

Preparation

In a medium bowl, combine the yogurt, cucumber, lemon juice, garlic, dill (or mint), salt and pepper. Stir until well combined and serve with vegetables, crackers or pita bread.