

# Tzatziki and Veggie Sticks

Opposites attract. Balance a spicy, hearty main with light, crisp veggie sticks and cool Greek-style tzatziki dip.

4 - 6 servings



Easy

up to 20 Min.



## Ingredients:

### Dip:

0.25 cup cucumbers (diced, seeded)  
salt  
1 cup plain yogurt  
4 cloves minced garlic  
dill  
mint  
lemon juice  
snap peas  
carrot sticks  
cherry tomatoes

- 1 In a strainer, toss  $\frac{1}{4}$  cup of diced, seeded cucumber with salt, and allow time to drain.
- 2 Mix together 1 cup of yogurt with about 4 cloves of minced garlic in a bowl.
- 3 Add drained cucumber.
- 4 Add herbs and lemon juice gradually, tasting for flavour and consistency.
- 5 Serve with veggies.