



Recipes

Tzatziki

1/2 cucumber, peeled & seeded
1 small clove of garlic, minced
2 teaspoons white wine vinegar
1 teaspoon extra-virgin olive oil
1 1/4 cups nonfat plain Greek yogurt
2 tablespoons chopped fresh mint, dill & tarragon
salt to taste

Mix together in a bowl and serve with 2 whole grain pitas- cut into wedges & baked