

# Tzatziki Sauce

Wenatchee School District

Recipe Category: Sauce

Ingredients	50 Servings		100 Servings		Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Garlic, mashed		1 Tbsp 1 2/3 tsp		3 Tbsp 1 2/3 tsp			1. Combine all ingredients <b>except yogurt</b> in a food processor or blender. Process until smooth. 2. Place Greek yogurt in a medium bowl and gently fold in the blended ingredients. 3. Place in the refrigerator.  <b>CCP:</b> Chill to 41°F or below for cold service.
Lemon Juice		1 Tbsp 1 2/3 tsp		3 Tbsp 1 2/3 tsp			
Cucumber, medium		1 Med		2 Med.			
Fresh Dill		3 Tbsp 2 tsp		7 Tbsp 1 tsp			
Olive Oil		3 Tbsp 2 tsp		7 Tbsp 2 tsp			
Salt		2 and 2/3tsp		1 Tbsp 2 tsp			
Black Pepper		1 1/3 tsp		2 2/3 tsp			
Plain Greek Yogurt 2% fat		1 3/4 cup		3 1/2 cup			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
1 oz.		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits

Nutrient Analysis		
Calories: 16	Saturated Fat: .26 grams	Sodium: 112.77 mg