

## Yogurt-Cucumber Sauce

Source: Casual Cuisines of the World - Taverna

This tangy sauce is part of the meze table in every Greek taverna. It is also found in Turkey, where it's called cacik. The sauce is delicious served with fried eggplant and zucchini, lamb chops or meatballs, or as a dip for pita bread.

### INGREDIENTS:

4 C (32 oz) plain yogurt  
1 English hothouse cucumber, seeded/coarsely grated  
Salt  
3 large cloves garlic, finely minced  
1 TBS red wine vinegar OR fresh lemon juice, or to taste  
3 TBS olive oil  
1/4 C chopped fresh mint OR equal amounts chopped fresh mint + flat-leaf  
(Italian) parsley  
Freshly ground pepper

### DIRECTIONS;

Line large sieve with cheesecloth, place over bowl - spoon yogurt into sieve. Refrigerate 4-6 hours to drain excess water from yogurt. You should have 1 1/2 - 2 C drained yogurt. Refrigerate till needed.

Place grated cucumber in sieve or colander - salt lightly and toss to mix. Let stand 30 minutes to draw out excess moisture.

In bowl, combine drained yogurt, garlic, vinegar or lemon juice + olive oil - stir to mix well. Using kitchen towel, squeeze drained cucumber dry. Fold cucumber into yogurt mixture - then stir in mint or mint + parsley - season to taste with salt + pepper. Serve immediately, or cover/refrigerate overnight. Bring to room temperature before serving.

Makes about 2 1/2 C (serving size: 2 TBS)

**Nutrition Facts:** Calories: 52 Fat: 3g Carbohydrates: 4g Cholesterol: 3mg Sodium: 35mg Protein: 3g Fiber: 0g %Cal. from Fat: 52% %Cal. from Carbs: 31%