Taste Washington Day

Cucumber

LOCAL FRESH DELICIOUS
Tzatziki Sauce

Ingredients:
1 ½ cups plain greek yogurt
½ clove garlic
1 medium cucumber
½ Tablespoon fresh dill
Juice from ½ of a lemon
Pinch of black pepper

Directions:
• Peel and seed cucumbers. Cut into small chunks.
• Place garlic, dill, lemon juice, pepper, and cucumbers in a food processor. Puree until well blended.
• Stir cucumber and herb puree into greek yogurt. Serve with Greek Turkey Pita (below).

Greek Turkey Pita Ingredients:
2 pieces of whole wheat pita bread
2 cups fresh baby spinach
1 pound sliced turkey

Directions:
• Cut pitas in half
• Make Tzatziki (above)
• Fill pita with ½ cup spinach and ¼ lb sliced turkey, about 2-3 slices.
• Serve with 1 Tablespoon of Tzatziki sauce for dipping (you will have extra tzatziki).