



Iron Chef Cat Cora's Recipes

Cucumber Yogurt (Tzatziki)

Makes about 2 ½ cups

- 1 tablespoon fresh lemon juice
- 1/2 cup extra virgin olive oil
- 1 teaspoon minced garlic, about 1 large clove
- 1 teaspoon kosher salt.
- 2 cups plain low fat Greek or regular yogurt
- 1 cup peeled, seeded and grated cucumber, about 1 medium cucumber

Add lemon juice, olive oil, garlic and salt to the yogurt. Add grated cucumber and mix well. Chill for at least one hour.