

Recipe Name: Cucumber Yogurt Dip (Tzatziki Sauce) **File No:**

| | |
|-----------------------------------|---|
| Grade Group: K-8 | HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step |
| Number of Portions: 50 | |
| Portion Size: 2.5 fl. oz | |
| Serving Utensil: 2.5 fl. oz ladle | |
| Servings per Pan: 50 | |

| Ingredients: | Weight: | Measure: | Procedure: |
|---|----------------|---|---|
| Greek Yogurt, Plain, Lowfat Sour Cream, Light Shredded Cucumber Lemon Juice (juice from 2 whole lemons) Honey Minced Garlic (4-6 cloves) Lemon Zest (zest from 1 whole lemon) Italian Seasoning Blend Kosher Salt Olive Oil Garam Masala Ground Black Pepper | | 2 Qt 6 Cups 2 Cups ¼ Cup 2 Tbsp. 2 Tbsp. 1 Tbsp. 1 Tbsp. 1 Tbsp. 1 Tbsp. 2 tsp. 1 tsp. | <ol style="list-style-type: none"> 1. Use a grater to shred cucumber into a large mixing bowl. 2. Add remaining ingredients and whisk by hand until well-combined. 3. Refrigerate for storage. |

| | | |
|--|---------------------------------------|--|
| Total Yield 1 gallon | Number of Pans: 1 | Equipment (if not specified in procedures above): |
| Weight: Measure (volume): 1 gallon | Pan Size: 4 inch 1/2 hotel pan | |

| Meal Component Contribution Based on Portion Size | | | | | | | Nutrient Analysis Based on Portion Size |
|--|----|-----|-----|---|---|---|--|
| Meat/Meat Alternate | | | | | | | Calories: 71 |
| | DG | B/P | R/O | S | O | A | Saturated Fat (g): 2 |
| Vegetable Subgroups | | | | | | | Sodium (mg): 175 |
| Fruits | | | | | | | |
| Grains | | | | | | | |

DG=Dark Green B/P=Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other A=Additional [Food Buying Guide](#) (FBG)

March 2024

This institution is an equal opportunity provider.

