

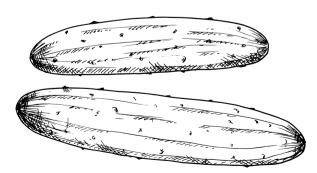
HARVEST OF THE MONTH:

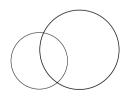
CUCUMBER

GREEK-STYLE TZATZIKI from Chef Carmen Karlsgodt

1/2 cucumber
1 cup non-dairy yogurt
2 cloves garlic
1 Tbsp olive oil
1 tsp dill (fresh is best)
juice from 1/2 lemon
salt to taste

- 1) Chop cucumber into small cubes.
- 2) Add cucumber and yogurt to food processor along with the rest of the ingredients. Pulse until blended and smooth.
- 3) Garnish with a sprinkling of dill or smoked paprika to taste.
- 4) Enjoy with veggie slices, gluten-free pita chips or as a delicious side!





For more delicious, plantbased recipes follow Chef Carmen on Instagram @healthycongusto!

