

J U L Y

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, plant-based recipes follow Chef Carmen on Instagram @healthycongusto!

