**Minted Tzatziki**

¼ English cucumber

1 ml salt

185 ml plain yogurt, drained (or 125 mL if already drained)

15 ml fresh mint, chopped (optional)

5 ml olive oil

5 ml lemon juice

1 clove of garlic, minced

f.g. pepper

\*\*Omit steps 1) and 2) if yogurt is already drained for you in class\*\*

1. Line a sieve with a double thickness of cheesecloth.
2. Spoon in yogurt and let drain in the refrigerator for at least 3 hours or up to 24 hours.
3. Rinse cucumber and grate (using largest grater holes) into a bowl; sprinkle with salt. Let stand for at least 15 minutes while you prepare other ingredients.
4. In a cereal or small mixing bowl, stir together drained yogurt, mint (if using), oil, lemon juice, garlic and pepper.
5. Using paper towels, squeeze excess water from grated cucumber.
6. Stir cucumber into yogurt mixture and serve immediately or refrigerate.

 ****