

Taste of Greek Cuisine

Tzatziki

Ingredients (for 4 people)

- ½ cucumber, peeled
- 16 oz (2 cups) Cold plain Greek yogurt (either full fat or fat free)
- 4 cloves garlic, pressed
- ½ cup chopped dill, fresh or frozen
- ½ tsp salt, or to taste
- ⅛ tsp black pepper
- 1 lemon

Instructions

1. Peel and then dice the cucumber, straining most of its juices.
2. Combine the strained and diced cucumber with 2 cups plain Greek yogurt, 1½ tbsp lemon juice, 4 pressed garlic cloves, ½ cup chopped dill, ½ tsp salt (add more to taste) and ⅛ tsp black pepper.
3. Mix everything together and add more salt to taste if needed.

Greek Salad

Ingredients (for 4 people)

- 350 g . cherry tomatoes or 3 large tomatoes
- 1/3 onion, white or red
- ½ cucumber
- 1 green pepper
- 5 tbsp olive oil
- 10-15 olives
- 1 tbsp capers
- 150 g . feta cheese
- ½ tsp dried oregano
- salt

Instructions

1. Cut the onion in thin slices.
2. Chop the tomatoes and the green pepper.
3. Peel the cucumber and cut it in slices.
4. Then, add the vegetables in a large salad bowl, together with the olives, salt, and some capers.
5. Add the feta cheese with some oregano on the top, and pour olive oil on all the ingredients.