

TZATZIKI EGGS



INGREDIENTS:

- 9 eggs
- 1/2 cup nonfat Greek yogurt
- 1/4 cucumber
- 1 garlic clove (minced)
- 1 tsp lemon juice
- 1 tbsp dill
- 1/4 tsp salt
- Optional: additional dill for garnish

DIRECTIONS:

1. Hard boil the eggs
2. Once eggs are cool enough to handle, remove the shell, and cut in halves. Save 4 of the yolks
3. In a separate bowl, grate the cucumber and remove as much of the liquid as possible, should yield ~1/4 cup of grated cucumber.
4. In a small bowl mash the yolks then add the yogurt, grated cucumber, minced garlic, salt, lemon juice, and dill
5. Fill each egg white half with ~1 tbsp of the filling
6. Option: this also makes a terrific dip or topping for a salad! Serving size is 2 tbsp of the filling

Enjoy!

Makes 9 Servings | 1 Serving = 2 Egg Halves
Calories: 51 | Protein: 6 g | Carb: 2 g | Fat: 2 g