

# Lemony Yogurt Sauce



*This versatile sauce is light and brightly flavored and makes the perfect complement to spiced Zucchini & Turkey Sliders.*

<b>YIELD</b> <b>10 SERVINGS</b>	<b>PREP TIME</b> <b>5 MIN</b>	<b>TOTAL TIME</b> <b>15 MIN</b>
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## INGREDIENTS

2/3 cup	Greek Yogurt, plain, nonfat
1/2 cup	Sour Cream, light
1 tsp	Lemon Zest
1 Tbsp	Lemon Juice (from 1 lemon)
1 each	Garlic clove, small, crushed
1 Tbsp	Olive Oil
1 Tbsp	Sumac
1/2 tsp	Kosher Salt
1/4 tsp	Black Pepper

### Optional Dippers:

1 each	Carrot, cut into matchsticks
1 each	Cucumber, cut into coins

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Combine all ingredients in a bowl, stirring to combine thoroughly.
3. Refrigerate at least 10 minutes to allow flavors to blend.
4. Serve with Turkey & Zucchini Sliders and cut carrots and cucumber. Any leftover portion can be stored in a sealed container in the refrigerator for 3-5 days.

## CHEF'S NOTES

This sauce can be used to dip any of your favorite vegetables and makes a wonderful condiment for meats and seafood.

By combining Greek Yogurt with Sour Cream, we keep the tangy, creamy flavor while adding a little more protein and reducing the saturated fat.

Sumac is a spice found commonly in Middle Eastern cooking. It has a tart, lemony flavor with mild fruity notes for balanced acidity. If you don't have it, you can add a little more lemon zest and juice and 1 tsp of Paprika for color.

# Nutrition Facts

10 servings per container

**Serving Size** 2 Tbsp sauce (31 g)

Amount per serving

**Calories** 40

% Daily Value \*

**Total Fat 2.5g** 3%

Saturated Fat 1g 5%

*Trans* Fat 0g

**Cholesterol less than 5 mgmg** 0%

**Sodium 110mg** 5%

**Total Carbohydrate 2g** 0%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein 2g** 5%

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 0.02mg 0%

Potassium 25mg 0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

