

# 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 (about 1/2 lemon)
2 Tbsp	Lemon Juice (about 1 whole lemon)
1/2 tsp	Garlic Powder
1/4 tsp	Kosher Salt
1/4 tsp	Black Pepper

### Optional Dippers:

2 each	Carrot, peeled and cut into sticks
1 each	Cucumber, cut into coins

## 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.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a medium mixing bowl, combine all ingredients and stir to mix thoroughly.
3. Refrigerate at least 10 minutes to allow flavors to blend. Any leftover portion can be stored in a sealed container in the refrigerator for 3-5 days.

# Nutrition Facts

10 servings per container

**Serving size** 2 Tbsp (32g)

**Amount Per Serving**

**Calories** 25

**% Daily Value\***

**Total Fat** 1g 1%

Saturated Fat 0.5g 3%

*Trans* Fat 0g

**Cholesterol** <5mg 2%

**Sodium** 60mg 3%

**Total Carbohydrate** 1g 0%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein** 2g 4%

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0mg 0%

Potassium 50mg 2%

\* 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.

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