

Tzatziki

Cretan diet recipes Tzatziki

1/2 kilo strained yoghurt
1 or 2 tablespoons olive oil
2-3 tablespoons vinegar
2 large cucumbers
4-5 cloves of garlic
Salt
Pepper

Instructions:

Wash the cucumbers and grate them. Then, squeeze out the excess water. Peel the garlic cloves and finely chop them. Combine all the ingredients and, finally, if you wish, add the finely chopped purslane and the dill.