



Healthy4life.ca Newsletter - June 2018

Holistic nutrition includes body, mind and spirit. Articles will address each area.

Hello, Friends!

Tzatziki: A Tasty Treat for Warm Weather

Tzatziki is a yogurt based sauce that usually includes shredded cucumber, lemon, dill, sea salt, ground black pepper and garlic.

My last batch was enjoyed by all the tasters.

750 ml plain cow, goat or sheep yogurt, 2%MF, fat free or full fat

1 English cucumber, shredded

1 lemon, zest and juice

5 ml or 1 tsp sea salt

5 ml or 1 tsp black pepper, finely ground

45 ml or 1 tbsp fresh dill leaves (25 ml or 1-1/2 TBSP dried)

1 garlic clove, crushed, if you are not sensitive to garlic

Mix all ingredients together and chill until needed.

I like it with fish, lamb and chicken. It could pair up with anything you like. I have used it as a condiment, and also as a spread in wraps and sandwiches.

Yogurt



It contributes protein; carbohydrate; the vitamins riboflavin, B12, pantothenic acid, folate and B6; the minerals calcium phosphorus, potassium, zinc, selenium and magnesium; and some omega 3 and omega 6 essential fatty acids.

I have not tried making tzatziki with coconut or tofu yogurt. If you have, let me know how it was.

Cucumber

Cucumbers contribute the vitamins K and C; the minerals magnesium, potassium and manganese; phytosterols; and some omega 6 essential fatty acids.



Lemon

The lemon zest and lemon juice contribute the vitamins C, folate, B6, thiamin, pantothenic acid and E; the minerals potassium, magnesium and copper; and some carbohydrate and fibre.

Dill

Dill contributes the vitamins A and C; the minerals manganese, iron, calcium and potassium.



Garlic

Garlic contributes the vitamins B6, C and thiamine; the minerals manganese, selenium, calcium, phosphorus and copper; and some omega 3 and omega 6 essential fatty acids.

Black Pepper

It contributes vitamin K; and the minerals manganese and iron.



Sea Salt

Sea salt contributes sodium and manganese.

The bottom line: enjoy some tzatziki this summer!

**Be healthy 4 life,
Cathy Ferren RHN**

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