

# TZATZIKI DIP WITH VEGETABLE STICKS



5

Serves



\$0.61

Cost per serve



Total prep & cooking time



## WHY WE LOVE THIS RECIPE

Dip any vegetables in tzatziki – cherry tomatoes, capsicum or whatever is in the fridge.



## FOOD WASTE TIP

Vegetables don't always need peeling. Just wash, chop and eat them!

## INGREDIENTS

Tzatziki dip:

- ½ cup low-fat Greek yoghurt
- ½ cucumber diced
- 1 teaspoon lemon juice
- 1 teaspoon olive oil

Vegetable sticks:

- 1 carrot
- 1 celery stick
- ½ cucumber

## EQUIPMENT

- Fork
- Medium bowl
- Knives
- Chopping boards
- Measuring spoons
- Measuring cups

## SKILLS

- Slicing
- Dicing
- Measuring
- Mixing

## STEPS



1 Slice different vegetables into sticks. Make sure you cut them safely using a flat surface. Set aside.



2 For the tzatziki dip, finely dice half a cucumber.



3 Place yoghurt, diced cucumber, salt, pepper, lemon juice and olive oil in a bowl. Use a fork to mix all tzatziki ingredients together.



4 Serve sliced vegetable sticks with tzatziki.



**FEAST**<sup>™</sup>  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING