Recipe
Ingredients:
1 cucumber
1 teaspoon garlic (peeled and minced, about 1-2 cloves)
2 containers (6 ounces each) plain Greek yogurt
1 teaspoon dried dill and/or fresh mint
¼ teaspoon salt
1 Tablespoon olive oil

Directions:
1. Use a spoon to scrape out seeds from cucumber. Dice the cucumber into small pieces or shred using a grater.
2. Spread cucumber on paper towels on top of a clean kitchen towel. Roll up the towels and squeeze to remove excess liquid. Transfer dry cucumber to a large bowl.
3. Add the remaining ingredients and mix. Cover and refrigerate until served.

Yields 8 servings