



Make LUNCH. Make CHANGE.

Make your lunch for one week and donate the money you saved to The Stop Community Food Centre.

Recipe: *Cucumber Tzatziki*

Ingredients:

- ½ English cucumber
- 1 tsp salt
- 2 cups whole milk yogurt or, for a richer version, 1 cup yogurt and 1 cup sour cream
- 1 garlic clove, minced
- 2 tbs olive oil
- Salt & pepper to taste
- Small handful of fresh dill, cilantro or mint (or a mix), minced

Tip:

Snack plates are your friend. When you can't think of what to make, just bring a collection of items from your fridge! Cheese, crackers or bread, raw veggies, and a dip make a complete (and delicious) lunch. Nuts, fruit, olives or cured meats will take it up a notch. Spread it all out on a plate to feel fancy, and snack away. Here's a great pita or raw vegetable dip.

Directions:

1. Grate cucumber on a box grater. Put in a colander and toss with salt. Set aside to drain.
2. While your cucumber drains, mix together yogurt, garlic, oil, salt, pepper, and herb(s).
3. Pick up the grated cucumber in your hands, and squeeze to remove excess water. Add to yogurt and stir. Taste for more salt or pepper.

Makes 2½ cups