



Cucumber Yogurt Sauce

Ingredients

- 1 8-ounce container plain low-fat yogurt
- 1 medium cucumber, peeled, seeded, finely chopped or shredded and drained
- 2 teaspoons white wine vinegar
- 1 tablespoon chopped fresh mint or dill
- 1 clove garlic, minced
- Dash white pepper
- Dash salt (optional)
- 1 NEAR EAST Falafel Mix

Preparation Instructions

- 1 In small bowl, combine all ingredients, except falafel mix.
- 2 Serve in pita with falafel prepared according to package directions.

Servings: 1-1/2 cups

Nutritional Information

Calories: 20, Calories from Fat: 0, Total Fat: 0g, Saturated Fat: 0g, Cholesterol: 2mg, Sodium: 20mg, Total Carbohydrate: 3g, Dietary Fiber: 0g, Protein: 2g, Vitamin A: 1%, Vitamin C: 6%, Calcium: 6%, Iron: 1%