



## “Turkish-Greek Cuisine!”

### Hummus:

- 1 lb. chickpeas, cooked or canned
- 1 tbsp extra virgin olive oil
- 1 tbsp lemon juice
- 1 tbsp tahini (sesame seed paste)
- 2 garlic cloves, minced
- $\frac{3}{4}$  tsp salt

1. Combine the ingredients in a food processor and purée until smooth.
2. Adjust the flavor with more lemon juice, if necessary. Serve at room temperature.
3. Drizzle with olive oil and garnish with fresh parsley and mint.

\*Variation: *Moutabel* or *Baba Ghanoush* (roasted eggplant spread):  
Replace the chickpeas with roasted eggplant.

### Tzatziki Sauce:

- 2  $\frac{1}{2}$  English cucumbers, peeled, shredded
- 2 tsp garlic, chopped
- 1-2 tbsp white wine vinegar
- 3 tbsp extra virgin olive oil
- 1 qt. plain nonfat yogurt (or Greek yogurt)
- salt, to taste
- 2  $\frac{1}{2}$  tbsp dried mint
- 2  $\frac{1}{2}$  tbsp fresh mint sprigs



1. Place the shredded cucumbers in a bowl and toss with a little salt. Set aside for 15 minutes or longer to draw some of the liquid out of the cucumbers.
2. In a serving bowl, combine the garlic with 1 tsp salt and mash to form a paste. Stir in the vinegar, then add the oil. Add the yogurt and dried mint. Mix well.
3. Rinse the cucumber, drain in a colander, and pat dry.
4. Fold the cucumbers into the yogurt mixture. Garnish with fresh mint sprigs.

\*If you can't find English cucumber, use regular cucumber and remove seeds.

[thegrillsergeants@pentagonchannel.mil](mailto:thegrillsergeants@pentagonchannel.mil)