



Lunch, Yogurt

## Garden Lassi

Prep time: 30-45 minutes Cook Time: Servings: 4

### Ingredients

INGREDIENT	CODE	PREP	QUANTITY
Vine ripe tomatoes		Diced	1 /Cup
Lime		Juiced	1 /Each
Plain greek yogurt			2 /Cups
Kosher salt			2 /tsp
Fresh ground pepper			1/4/tsp
Tabasco sauce			1/4/tsp
Cucumber		Peeled, seeded, diced	1 /Each
Mixed fresh herbs – Parsley, basil, chives, cilantro		Chopped	1/4/Cup

## **Instructions**

1. Prep all of the vegetables and herbs.
2. Place all ingredients in a blender and puree the mixture until smooth.
3. Check seasoning and serve immediately.

