

Yogurt with Garlic

Can be served as a relish or used as a sauce over cooked vegetables. It's also delicious just eaten plain. If you like mint, you could add some fresh minced mint.

- 1 cup plain yogurt
- 1/4 t. salt, or to taste
- 1 clove garlic, mashed to a pulp in a mortar
- 1/16 t. freshly ground black pepper
- 2 t. fruity olive oil

Put the yogurt in a bowl. Beat gently with a fork or whisk until smooth and creamy. Now add all the other ingredients. Beat to mix. Cover and chill until needed.

Serves 1-4.