



Shopping List:

- Plain Yogurt
- Sour Cream
- Red Onions
- Tomatoes
- Cucumbers
- Cilantro

Cucumber Raita (yogurt-based salad)

(4 servings)

- 2 Persian cucumbers peeled and finely chopped (if desired, use a mix of chopped cucumbers, tomatoes and red onions)
- 1/4 teaspoon of **Seven Happy Seeds Mint Raita & Chutney Spice**
- 1/4 cup plain nonfat yogurt
- 4 tablespoons light sour cream (optional)
- 1 tablespoon chopped cilantro and a few cilantro sprigs for garnish
- 1 teaspoon granulated sugar
- Salt to taste

1. Whisk together yogurt, sour cream, raita spice, salt and sugar in a bowl. Cover with plastic wrap and chill for 30 minutes.
2. Remove juices from chopped vegetables by pressing with the back of a spoon before adding to yogurt to prevent raita from turning too watery.
3. Fold vegetables into the yogurt mixture and coat evenly.
4. Chill for 1 hour before serving.
5. Garnish with cilantro sprigs and serve as a cooling side dish with Basmati rice pilaf and naan (flat bread).

Note: Makes an excellent dip for all kinds of chips!

