

Traditional Indian Raita

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Recipe modified from its original source: <http://www.epicurious.com/recipes/food/views/Traditional-Indian-Raita-242185>

Can't take the heat? Then eat some raita. In India, the condiment is used to cool the palate.

Makes 1 cup

1/2 c plain yogurt
1 T fresh squeezed lemon juice
1/2 c chopped seeded English hothouse cucumber
2 tsp chopped fresh cilantro
2 tsp chopped green onions or chives
1/4 tsp ground coriander
1/4 tsp ground cumin
Salt to taste

Mix all ingredients in medium bowl. Season to taste with salt. Chill raita, covered, until ready to serve.

Class recipes can be found at www.evergreenhealth.com/recipes