

Cucumber Raita (yogurt-based salad)

4 servings

- 1 Persian cucumber peeled and finely chopped
 - 1/4 red onion finely chopped
(if desired, use a mix of chopped cucumbers, tomatoes and red onions)
 - 1/2 teaspoon of **Seven Happy Seeds Mint Raita & Chutney Spice**
 - 4 tablespoons 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. 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!

