
RAITA

Servings: 6

2 cups Yogurt, low fat or non-fat

1 cucumber, med size

2 tomato, med size

1 carrot, diced

1/2 onion

2 tablespoons cilantro leaves, whole, 2-3 T.

1 teaspoon cumin seeds, roasted

1 tablespoon green chile, minced

salt, to taste

Peel the cucumbers; Grate or thinly slice and keep aside

Cut tomatoes into small pieces and keep aside

Cut the onion lengthwise into thin strips

Beat the yogurt to get smooth consistency. Add salt, green chilies and cilantro leaves. Mix well.

Add grated cucumbers, carrots and diced tomatoes. Mix well

Sprinkle roasted cumin seeds on the top and serve.

Serving Ideas: Serve with: Rice pilaf; vegetable briyani (vegetables and rice mix cooked with aromatic spices) or as a side dish with meat or grain items.

Per Serving (excluding unknown items): 76 Calories; 3g Fat (33.5% calories from fat); 4g Protein; 9g Carbohydrate; 1g Dietary Fiber; 10mg Cholesterol; 48mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.