

## Raita (Yogurt Salad)



Prep Time: 10 minutes. Serves 6-8 people.

### Ingredients:

- Plain yogurt – 4 cups
- Salt – ¼ teaspoon
- Sugar – ½ teaspoon
- Cucumber – 1 medium sized, de-seeded
- Fresh cilantro - 2 tablespoons, chopped
- Green Onions – 4 teaspoons, chopped
- Tomato – 1 medium sized, chopped
- Fresh green chili (Cayenne pepper or Jalapeño pepper) – 1 pepper, chopped (this is an optional ingredient)

Use one or the other:

- Chat Masala – 1 teaspoon

If you are not able to find chat masala, use these instead...

- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cumin

### Procedure:

- 1) Mix yogurt, chat masala (or coriander and cumin), salt and sugar thoroughly
- 2) Add all the rest of the ingredients
- 3) Garnish on top with mint leaves if you like
- 4) Serve as a side salad or a condiment with curry dishes