



Raita Dressing

Ingredients

- 4 large radishes, quartered and thinly sliced, (about 1/2 cup)
- 2 small Persian cucumber, quartered lengthwise, thinly sliced, (about 1/2 cup)
- 2 cups plain low fat yogurt
- 1 tsp. ground cumin
- 1/2 tsp. freshly ground black pepper
- 1/2 tsp. Salt
- 2 cups of mixed greens
- 1 tomato, diced

Instructions

1. In mixing bowl, combine all ingredients.
2. Set raita aside for 10 minutes to let flavors develop. Raita will become a bit thinner as it stands.
3. Serve over mixed greens and tomatoes



Chef's Notes : If Persian cucumber is not available use a 5-inch cucumber, halved lengthwise, seeds scooped out and discarded and cucumber finely chopped.

Serves: 12

Prep Time: 10 minutes

Nutrition Information: 30 calories:
1 gm fat (.4 saturated), 4 gm carb, 0
gm fiber, 3 gm sugar, 2 gm protein



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