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

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.

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

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