



**BAUMAN  
COLLEGE**  
HOLISTIC NUTRITION  
AND CULINARY ARTS

# Cucumber Raita

**A cooling side dish to an Indian meal. The Raita provides good quality fats and protein to balance blood sugar and friendly bacteria for the gut.**

## **Ingredients:**

1 medium cucumber, small dice  
1 tsp cumin seeds  
2 cups plain whole-milk yogurt  
1 clove garlic, minced  
2 Tbs mint leaves, finely chopped  
cayenne, to taste, for garnish

## **Procedure:**

1. Blot off the moisture from the cucumbers with paper towels.
2. Toast the cumin seeds for a few seconds in a small, heavy pan over medium heat.
3. In a bowl, stir the yogurt until it is smooth. Mix it with the cumin, garlic, and mint. Add the cucumber and sprinkle with cayenne. Taste and adjust flavors if necessary. Chill before serving.

Servings: 12

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