

RECIPES FROM three eighty ate

CUCUMBER RAITA FROM MONSOON KITCHENS

2 cups	Plain Yogurt (add 1/4 cup water if using Greek Yogurt)
1 cups	Grated/finely chopped Cucumber
1 tbsp	Chopped Cilantro
1/4 tsp	Salt
1/4 tsp	Sugar
1/4 tsp	Ground Cumin (toasted and cooled)
1/8 tsp	Cayenne Pepper

Wash cucumber, peel, remove seeds, and grate or finely chop. If using Greek yogurt, whisk together with 1/4 cup water until smooth. Add your cucumber, cilantro, salt, sugar, cumin & cayenne to your yogurt. Mix well and adjust your seasoning as needed. Serve chilled.

Portion: 2 oz

Yield: 48 servings