

## Cucumber Raita

Center for Ecoliteracy -  
Cooking with California Food

*Flavor Profile: Mediterranean*  
*8 Servings*

### Ingredients:

2 cups plain yogurt  
1/2 teaspoon salt  
1 large cucumber, peeled, grated or chopped  
1 tablespoon finely chopped fresh coriander leaves  
1 tomato, finely chopped  
2 green onions, white and green parts, finely chopped  
*Few pinches cayenne (optional)*

### Directions:

In a bowl, combine the yogurt, salt, cucumber, coriander, tomato, onions, and cayenne (if using) and stir to mix well. Serve with the rice.

Suggestion: In the spring, try radish raita, with none of the above vegetables, using instead one cup of grated radish, plus two teaspoons salt and a little ground cumin.

