**Raita (Side Yogurt Dish)**

**Description:**

A traditional Indian dish made with yogurt and different seasonings and vegetables. It helps in balancing the spiciness of the food. It can be used as a side dish, appetizer, snack or part of the main meal.

Total yield is 2 cups. Once cup supplies one protein serving and more than half vegetable serving. You can also add a fruit to use it as a snack

**Ingredients**:

½ cup of chopped cucumber

¼ cup chopped tomato

1/3 cup drained, canned (or cooked) chickpeas

2 tbsp chopped fresh mint

1 cup of plain low-fat yogurt

¼ tsp salt

¼ tsp red chilli pepper (optional)

¼ tsp Roasted, crushed cumin seeds

**Instructions:**

1. Mix together in a bowl chopped vegetables & chickpeas with mint and yogurt. More yogurt can be added if you prefer a thinner consistency.
2. If using cumin seeds, dry roast them in a pan first before roughly grinding them as they will offer a different flavour once roasted.
3. Season raita with remaining seasonings.
4. You can replace the seasonings with your preferred herbs and spices