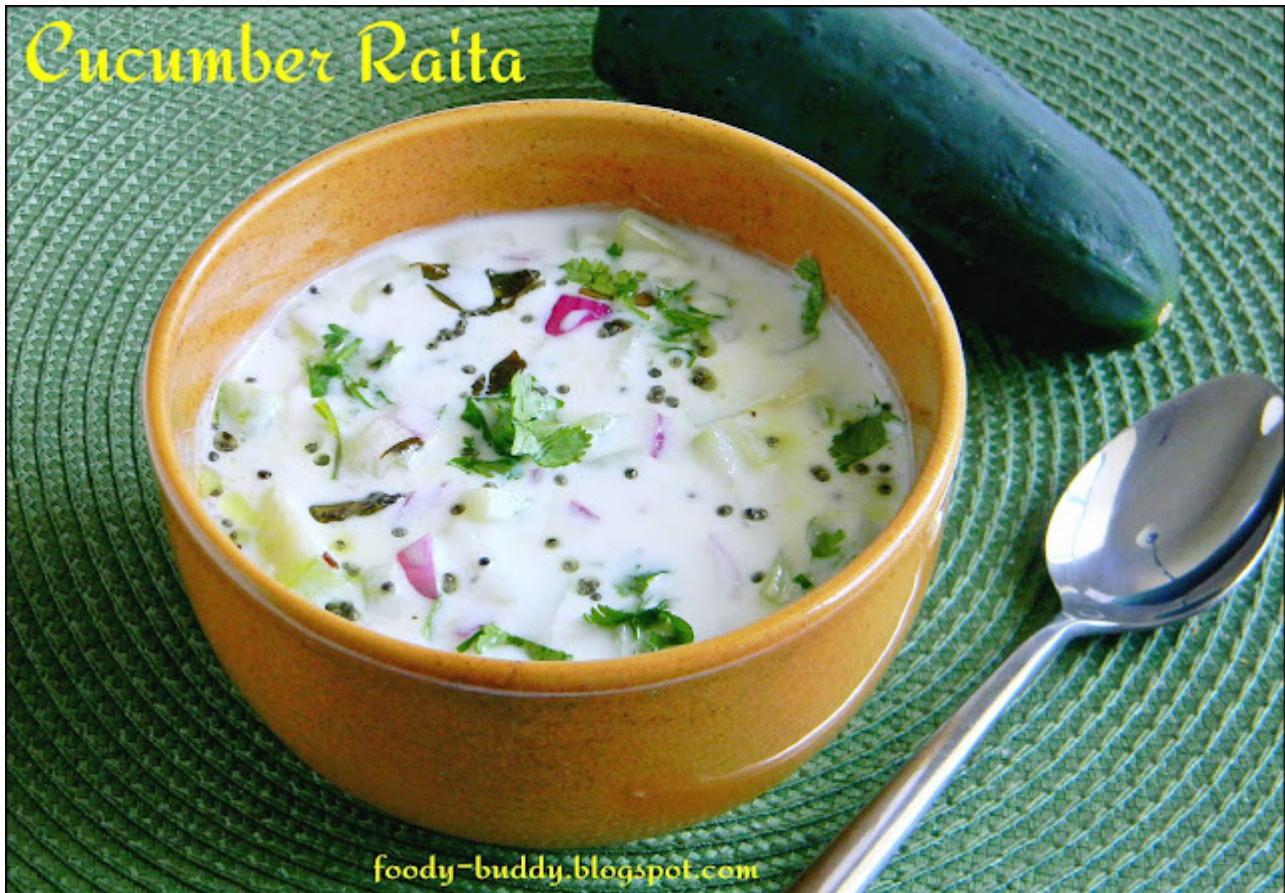


Cucumber Raita / Cucumber Yogurt Salad

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Raita is a cucumber-yogurt salad used in Indian cuisine as a cooling balance to the spicy dishes like biryani. This is so simple and easy to make dish. I really love this raita because of its cooling properties. Best accompaniment for raita is [biryani](#). Also you can use it as dip for pita chips or potato chips.

Ingredients

- 1 Medium Sized Cucumber, Diced**
- 2 Cups of Yogurt / Thick Curd**
- 1/4 Cup of Red Onion, Finely Chopped**
- 1/4 Tsp of Roasted Cumin Powder**

Pinch of Kala Namak / Black Salt
1 Green Chilly, Finely Chopped
2 Tbsp of Coriander Leaves, Chopped
Salt to Taste

To Temper

2 Tsp of Oil
1 Tsp of Mustard Seeds
1 Sprig of Curry Leaves

Method

- **Wash and peel the cucumber skin. Chop them into pieces. Keep them aside.**
- **Roast the cumin seeds in a medium heat for a few seconds until nice aroma comes. Powder it in a mortar and pestle.**
- **In a bowl, using whisk, whip the curd/yogurt until smooth and creamy.**
- **To the yogurt bowl, add chopped onion, cucumber, green chilly, roasted cumin powder, black salt, coriander leaves and salt. Mix well with a spoon.**
- **Heat oil in a pan, add mustard seeds and curry leaves, after it splutter, transfer this to the yogurt bowl. Mix well.**
- **Serve immediately with [biryani](#) or cover and refrigerate it for 15 mins to allow flavors to blend.**



Tips

- You can add red chilly powder or pepper powder instead of green chilly.
- Adding mint leaves gives you great flavor.
- You can also make raita without adding the tempering.
- Greek yogurt tastes great for raita.
- You can add grated or diced cucumber for making raita.



Health Benefits of Cucumber

- **Keeps the body hydrated.**
- **Rich in vitamin A and B**
- **Good for skin, joints and teeth.**
- **Aids in digestion and weight loss.**
- **Stimulates hair growth.**
- **Fight against cancer.**

Cucumber Raita



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