Zucchini Raita Recipe / Zucchini and Yogurt Salad

Zucchini Raita Recipe is a wonderful salad on hot summer days.

Also it is a great side dish and it goes well with spicy rice dishes like biryani or pulao or roti or use it as dip for vegetable. This zucchini raita is creamy and yummy in its taste and I used yellow zucchini, you can also use green zucchini which are available in market. Making zucchini raita is easy, I have used regular homemade yogurt to make this raita, use greek yogurt which turns the raita thick and delicious. Zucchini and yogurt salad are loaded with nutrients and good for the skin. So try this bowl of zucchini raita Recipe with yogurt for summer and enjoy with hot and spicy biryani.

Preparation Time : 10 mins Cooking Time : 10 Mins Serves : 3

Health Benefits of Zucchini

- Lowers cholesterol and blood pressure.
- Helps in weight management.
- Prevents cancer, heart attacks and stroke.
- Good for eyes, hair and skin health.

Ingredients for Zucchini Raita Recipe

- 1 Yellow Zucchini, Chopped into small pieces
- 1 Large Onion, Finely Chopped
- 2 Cups of Thick Yogurt (Curd)
- 1/2 Tsp of Black Pepper Powder
- 1/8 Tsp of Roasted Cumin Powder
- Pinch of Hing (Asafoetida)
- Salt to taste
- Coriander leaves to garnish

Method

- Wash and chop the zucchini into small pieces.
- In a bowl, whisk the yogurt (curd) until it turns smooth and creamy consistency, now add chopped zucchini pieces, chopped onion, roasted cumin powder, black pepper

powder, hing and salt. Gently mix it with a spoon.
- Yummy, creamy zucchini raita is ready. Garnish with coriander leaves.
- Refrigerate and serve chilled as side dish for biryani or for chapathi.

Tips

- Make this raita when you are ready to serve otherwise zucchini leaves water which makes raita watery.
- You can also do tempering with oil, mustard seeds and curry leaves and add it to the raita at the end.
- Adjust the amount of yoghurt to your taste.
- You can add grated zucchini or chopped zucchini for this raita.
- Replace with green zucchini to make raita.

Zucchini Yogurt Salad
©foodybuddy

Zucchini Raita Recipe / Zucchini and Yogurt Salad

Save Print

Zucchini Raita Recipe is a wonderful salad on hot summer days. Also it is a great side dish and it goes well with spicy rice dishes like biryani or pulao or roti or use it as dip for vegetable. This zucchini raita is creamy and yummy in its taste and I used yellow zucchini, you can also use green zucchini which are available in market. Making zucchini raita is easy, I have used regular homemade yogurt to make this raita, use greek yogurt which turns the raita thick and delicious. Zucchini and yogurt salad are loaded with nutrients and good for the skin. So try this bowl of zucchini raita Recipe with yogurt for summer and enjoy with hot and spicy biryani . Preparation Time : 10 mins Cooking Time : 10 Mins Serves : 3 Health Benefits of Zucchini Lowers cholesterol and blood pressure. Helps in weight management. Prevents cancer, heart attacks and stroke. Good for eyes, hair and skin health.

Author: Gayathri Ramanan
Recipe type: Salad
Cuisine: Indian
Ingredients

- 1 Yellow Zucchini, Chopped into small pieces
- 1 Large Onion, Finely Chopped
- 2 Cups of Thick Yogurt (Curd)
- ½ Tsp of Black Pepper Powder
- ⅛ Tsp of Roasted Cumin Powder

- Pinch of Hing (Asafoetida)
- Salt to taste
- Coriander leaves to garnish

Instructions

1. Wash and chop the zucchini into small pieces.
2. In a bowl, whisk the yogurt (curd) until it turns smooth and creamy consistency, now add chopped zucchini pieces, chopped onion, roasted cumin powder, black pepper powder, hing and salt. Gently mix it with a spoon.
3. Yummy, creamy zucchini raita is ready. Garnish with coriander leaves.
4. Refrigerate and serve chilled as side dish for biryani or for chapathi

Notes
Tips
Make this raita when you are ready to serve otherwise zucchini leaves water which makes raita watery.
You can also do tempering with oil, mustard seeds and curry leaves and add it to the raita at the end.
Adjust the amount of yoghurt to your taste.
You can add grated zucchini or chopped zucchini for this raita.
Replace with green zucchini to make raita.