

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.

A close-up photograph of a Zucchini Yogurt Salad. The salad is served in a bright orange bowl with white polka dots. It consists of a creamy white yogurt base, finely diced zucchini, small pieces of red onion, and a garnish of fresh green herbs. The salad is topped with a sprinkle of black pepper. In the background, a silver spoon and a glass jar of red dressing are visible on a white paper towel. The bowl sits on a dark red granite countertop.

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)
- $\frac{1}{2}$ Tsp of Black Pepper Powder
- $\frac{1}{8}$ 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.

[Aloe Vera Juice Recipe / How To Make Aloe Vera Juice](#)



Aloe vera juice recipe is easy and simple to make juice at home. This healthy aloe vera juice has tons of health benefits like it helps to detoxify your body, improves blood circulation and digestion and regulates blood sugar levels and helps to loss weight by accelerating metabolism. Adding aloe vera juice to your daily diet make your body fresh, energetic and rejuvenate the body. Since it is loaded with nutrients and

goodness, it is called magical plant. This juice is a blend of all tastes like spicy taste from ginger, sweet taste from jaggery, sour taste from lemon and little salt, this will knock out the unpleasant aloe flavour (bitter taste) in juice. As jaggery is a better substitute for sugar, this juice is good for diabetic people too. So here is the juice recipe for weight loss, do make your own aloe vera juice recipe at home and enjoy its all health benefits.

Ingredients

- 1 Medium Size Aloe Vera Leaf
- 1 Tsp of Grated Ginger
- 1/2 Lemon juice
- 2 Tsp of Jaggery
- Little Pinch of Salt

Method

- Cut one of the leaf closer to the ground.
- Wash one or two times in running tap water. Cut them into pieces.
- Take a knife, carefully remove the thorny edges and the outer peel from both the sides of leaf and separate the gel, wash again in cold water.
- In a blender (mixie), place grated ginger, jaggery, lemon juice. Grind it and filter it to a bowl.
- In the same blender, add aloe vera gel, blend it and filter it in the same bowl. Add little pinch of salt. Mix well with a spoon.
- Your delicious glass of aloe vera juice is ready to enjoy.

Tips

- Drink this juice in the morning.or evening.
- You can use sugar or honey or agave in place of jaggery.

©foodybuddy



Homemade Aloe Vera Juice

Avocado Milk Shake Recipe / Butter Fruit Milk Shake

I love avocado..In India, they are called Butter fruit. I usually make [guacamole](#), [guacamole sandwich](#), [avocado pasta](#) with avocado. But yesterday I tried avocado milk shake recipe / Butter fruit milk shake they are so creamy, yummy and tasty. The creaminess of avocado blends so perfectly with milk. You can also condensed or evaporated milk to make avocado milk shake. To make vegan version of milk shake, add coconut milk or almond milk. Try this amazing milk shake with avocado for summer and enjoy.



Preparation Time : 10 mins

Cooking Time : 5 mins

Serves : 2-3 people

Ingredients for Avocado Milk Shake

- 1 Big Ripe Avocado
- 1 Cup of Milk
- 2 Tsp of Honey
- 4-5 Tbsp of Sugar
- 1/2 Cup of Ice Cold Water
- Few Pomegranate Seeds to garnish

Method

- Slice the avocado and scoop the flesh and add all the ingredients to the blender.
- Blend it to smooth consistency..
- Transfer them to a glass and serve immediately.

Tips

- You can use coconut milk or almond milk for vegan version.
- You can skip honey and add sugar alone or use agave.