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A Something Different Recipe

Developed by Dana Jacobi

Keep it light and fresh this week with a cooling Raita. This simple condiment is made with just 4 main ingredients -- radishes, cucumber, yogurt and spices. Radishes are cruciferous vegetables rich in vitamin C and anthocyanins while cucumbers contain vitamin K. Use it on hot kebabs, herbed flatbread, or as an easy side dip.

Radish and Cucumber Raita

2 large radishes, quartered and thinly sliced, about 1/2 cup

1 small Persian cucumber, quartered lengthwise, thinly sliced, about 1/2 cup*

1 cup plain whole milk yogurt

1/2 tsp. ground cumin

1/4 tsp. freshly ground black pepper

1/4 tsp. salt

In mixing bowl, combine all ingredients. Set raita aside 10 minutes to let flavors develop. Raita will become a bit thinner.

* If Persian cucumber is not available use 5-inch piece seedless cucumber, halved lengthwise, scooped out and finely chopped.

Makes 6 servings. Yield about 1 1/2 cups.

Per serving: 28 calories, 1 g total fat (<1g saturated fat), 2 g carbohydrate, 1 g protein, <1 g dietary fiber, 117 mg sodium.

