

Raitha (Yogurt Salad)

Country: India

Bhanu Somasundaram's simple recipe for raitha (*aka* raita)



Ingredients:

- 16 ounce plain non-fat yogurt
- 2 cucumbers
- 1 big tomato
- 1 cup baby peeled carrots
- ½ a bunch of fresh cilantro
- salt as needed for taste

Procedure:

Peel cucumbers, remove seeds and chop it fine. Dice tomatoes, remove seeds and chop it fine. Chop the baby peeled carrots fine. Wash and chop fine cilantro. In a bowl mix all the chopped vegetables with yogurt and salt. Serve it chilled with “rice pilaf” (a dish made with rice and spices).

Bhanu Somasundaram | Tallahassee, FL, USA | March 2013