

RAITA
Serving 8

INGREDIENTS:

1 long cucumber
2 cups whole fat greek yogurt
¼ cup fresh mint
1 tsp cumin
¼ tsp cayenne
salt to taste

PREPARATIONS:

1. *Cut cucumber in half. Remove seeds. Coarsely grate cucumber. Place cucumber in kitchen towel and squeeze dry.*
2. *Whisk remaining ingredients together. Add cucumbers. Toss to coat. Sprinkle with cayenne before serving (optional).*