



Vegetable Raita (Savory Yogurt)



Serving
20



Prep
20–30 Minutes



Contributor
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- 3 ¼ cups Plain yogurt 1% milk fat (full container) 750 g
- 1 Large English cucumber
- 1 Medium red onion
- 1 Small Roma tomato
- ¼ cup Coriander leaves
- ¾ tbsp Coriander powder
- 1 tbsp Cumin powder
- ¼ tsp Salt to taste

1. Dice cucumber, onion and tomato. Chop coriander leaves.
2. Stir yogurt and add the coriander powder, cumin powder and salt.
3. Mix the vegetables from Step 1 into the stirred yogurt. Serve cold.

Variation

This dish is a side and can be enjoyed with rice, flatbread, roti or paratha. The spices added above can be adjusted to taste.



Scan the QR code to view and download the **The Brain Health Food Guide** – an eating tool that includes a variety of healthy foods that supply your brain with the nutrients it needs to function best and will help lower the risk of dementia.

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