

# D-H Culinary Medicine Program

## Imagine Food as Medicine



### Raita

Servings: 4 Servings (1/4 cup)

Prep Time: 5 minutes

#### Ingredients:

- 1 cup 2% Greek yogurt
- 1 cup grated or chopped cucumber
- 1 clove garlic, minced
- ½ tsp ground cumin
- Juice from ½ lime
- Fresh chopped cilantro (mint)
- Optional: 1 green chili or red chili powder
- Salt and pepper to taste
- Olive oil to drizzle



#### Preparation:

- Combine ingredients and season to taste, finishing with a drizzle of olive oil and a pinch of cumin / red chili powder or chopped cilantro

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#### Nutrition information (per serving)

Calories 60 kcal | Total Fat 3 g | Saturated Fat 0.8 g | Protein 5 g | Total Carbohydrates 2.5 g | Dietary Fiber 0 g | Sugars 2.0 g | Sodium 25 mg

#### Tips from the Dietitian

- Yogurt sauces and sides are a great way to add flavor and a creamy, cooling texture. Yogurt is a fermented food, containing live and active cultures to support gut health. It is high in protein and calcium and is lower in saturated fat than mayonnaise or sour cream. Yogurt is lower in lactose than milk or cream.
- Garlic, cucumber, cilantro, olive oil and spices add extra plant nutrition.

#### Tips from the Chef

- Switch up your flavors with scallions, mint, parsley, lemon or lime
- Raita is a great addition to curries but can also be a dip for veggies or a sandwich spread
- Add chili powder for a taco topping, or ranch seasoning (parsley, chive, garlic and onion) for a quick ranch dip.