



EAT YOUR BEST.
LESS SALT.
MORE PLANTS.

RAITA SAUCE

INGREDIENTS

- 1 cup plain low-fat Greek yogurt
- 1/2 English cucumber, peeled and deseeded
- 2 tbsp lemon juice
- 2 tbsp fresh dill
- 2 tbsp fresh mint
- 1 tsp cumin
- Kosher salt (optional)

METHOD

- 1** Grate the cucumber and use a spatula to mix it into the yogurt before adding the other ingredients, stir to combine.
- 2** Taste the dressing before adding any salt. Add a little at a time if needed, tasting before adding more. Makes about 1.5 cups.

*Serving Size 57g (1/4 cup)

[Return to Table of Contents](#) 23

NUTRITION FACTS: **Calories 25** **Total Fat 0.5g** **Sodium 10mg** **Fiber 0g** **Protein 3g**