

# THREE VEGETABLE RAITA

Prepared by: Laura Lutz

Source: Entice with Spice

Serves 4-6

1 cup plain yogurt  
½ cup water  
¼ teaspoon cumin seeds, roasted and ground  
2 pinches ground red pepper (cayenne)  
¼ heaping teaspoon salt  
2 tablespoons minced onion  
1 small fully ripe tomato, such as plum, diced  
4 tablespoons peeled and diced cucumber

Whisk the yogurt in a large bowl until it is smooth and there are no lumps. Add the water, cumin, red pepper, and salt. Mix well.

Add the onion, tomato and cucumber. Mix together. Enjoy now or refrigerate for later.

*Laura's Notes: This was straight-forward and easy! I would make this again. It was even better the next day!*

