

Cucumber Raita - Dipping Sauce

Raita is a healthy sauce you can serve with chicken, grilled veggies, pita chips, Paneer wraps, and as a raw veggie dip.

Ingredients:

- 1 English cucumber
- 1 teaspoon salt, or to taste
- 32 oz Cold plain Greek Yogurt (fat free Fage will work)
- 2 tablespoon freshly squeezed lemon juice, Juice of 1 lemon
- 5 garlic cloves, peeled and grated – or – TJs frozen Garlic cubes
- 1 tablespoon chopped mint
- 3 tablespoon extra virgin olive oil
- 1/2 teaspoon salt, or to taste
- 1/4 teaspoon black pepper, or to taste



Instructions:

- Cucumber Prep – peel and finely dice the cucumbers. You can also grate on the large holes of a box grater but we prefer the texture of diced cucumber. Set cucumber over a bowl lined with a cheesecloth, or over a fine-mesh sieve. Sprinkle with 1/2 tsp salt, stir and set aside to soften and release juice – about 15 to 20 minutes.
- To make the Sauce – in a large mixing bowl combine the remaining ingredients: yogurt, lemon juice, garlic, mint, olive oil, salt and pepper.
- Strain Cucumbers – Use the cheesecloth to squeeze out as much juice as you can from your chopped cucumber. Discard the liquid and add cucumber to the bowl mixing.
- Stir and Refrigerate – stir all of the ingredients together then cover and refrigerate for at least 1 hour or overnight. It stores well for 3-5 days in the fridge.