



A TASTEFUL PLACE  
AT THE DALLAS ARBORETUM

## RECIPE

Hero Vegetable: **Cucumbers**

### **Cucumber Raita**

**Ingredients:**

1 cucumber, seeded and diced  
1 ½ cup plain yogurt  
2 Tbs fresh mint, chopped finely  
½ tsp cumin seeds  
1 clove garlic, minced  
cayenne or paprika, for garnish

**Directions:**

Toast the cumin seeds just until aromatic. Combine all the ingredients in a bowl, stirring until incorporated. Sprinkle with cayenne if you prefer spicy or ground paprika for milder taste. Refrigerate for at least 30 minutes to allow the flavors to come together. At this time, if it's too strong for your taste add another ¼ cup of yogurt if you prefer a milder flavor.

\*Raita alone can taste very strong. It's meant to be eaten as a condiment as you would eat salsa or chutney. Try it on meats, tacos, veggies, chips, or flatbread.