



## Cool Yogurt Sauce

### Inspired by Indian Raita

#### Ingredients:

½ cup plain Greek yogurt, 2% or non-fat  
½ cup seedless English cucumber, chopped  
2 Tablespoons fresh cilantro, chopped  
2 teaspoons green onions, chopped  
¼ teaspoon ground coriander (optional)  
¼ teaspoon ground cumin

Prep time: 10 minutes

Cook Time: 0 minutes

Makes 1 cup or  
8- 2 Tablespoon  
servings

#### Directions:

1. Wash and chop all vegetables.
2. Combine all ingredients in a medium size bowl and mix until combined.
3. If you want a smooth sauce, blend all ingredients in a blender until smooth.
4. Chill until ready to serve.

#### Tips:

- The flavor will taste even better the next day!
- This condiment is a cool way to bring down the heat of spicy dishes, like curry or even buffalo wings!
- Traditionally this sauce is chunky, but some folks like a smooth sauce so you have the option to blend it – and save yourself some prep time.