

# Cucumber Yogurt Raita Salad

Yield: 6 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-cucumber-tomato-yogurt-salad-recipe>

## Ingredients:

- 1 cup yogurt plain, full-fat
- 1 garlic clove peeled
- 1 inch fresh ginger piece of, peeled
- 1/4 teaspoon granulated sugar
- 1/2 lemon about 2 tablespoons
- 1 tablespoon fresh chile minced mild or hot, I used a jalapeno
- 1 teaspoon cumin seeds black or yellow mustard seeds or nigella seeds, I used black mustard seeds
- 2 tablespoons mint leaves chopped, divided
- 2 tablespoons cilantro leaves chopped, divided
- kosher salt to taste
- 2 cucumbers long, English-style, 2 pounds total
- 1 cup cherry tomatoes diced
- 1/2 red onion medium, chopped small

## Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 5 milligrams
4. Fat: 1 grams
5. Fiber: 2 grams
6. Protein: 3 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 160 milligrams
9. Sugar: 5 grams

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