

Raita Dip

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2 Persian cucumbers
2 cups plain Greek yogurt
1/4 cup olive oil
2 tablespoons chopped cilantro
2 tablespoons chopped mint
juice of one lemon
1 small clove garlic, grated
2 plum tomatoes, chopped
2 teaspoons grated peeled ginger
2 teaspoons chopped jalapeno pepper
1/2 teaspoon garam masala
salt (to taste)
pepper (to taste)
olive oil (for drizzling)

Grate the cucumbers on the large holes of a box grater. Squeeze dry in a clean kitchen towel.

In a bowl, combine the cucumber with the yogurt, olive oil, cilantro, mint, lemon juice, garlic, tomatoes, ginger, jalapeno and garam masala.

Season with salt and pepper. Drizzle with more olive oil.

Per Serving (excluding unknown items): 509 Calories; 54g Fat (93.6% calories from fat); 1g Protein; 7g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 13mg Sodium. Exchanges: 1 1/2 Vegetable; 11 Fat.