Cucumber Raita

SERVINGS: 6
TOTAL TIME: 7 MIN

Recipe adapted from indiaphile.info

**Ingredients**
- 3/4 cup plain yogurt
- 3/4 cup diced cucumber (very small cubes)
- 1 Tbsp cilantro, chopped
- 1/2 tsp ground cumin (optional)
- 1/2 green or red chili, finely chopped
- 1/4 tsp salt (or to taste)

**Directions**
In a large bowl, combine all the ingredients and stir until well combined.
Serve immediately.

Store leftovers in an airtight container in the fridge and enjoy within one week.

**Meal Prep Tip:**
Have ingredients pre-cut and pre-measured for a quick snack that can be ready in about one minute!

FOR MORE BUDGET-FRIENDLY RECIPE IDEAS, VISIT WELLNESS.SFSU.EDU/NUTRITION