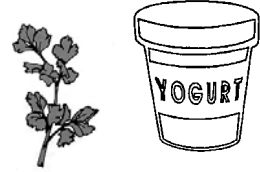


South Asia - India Recipes

Cucumber and Tomato Rayta

1 medium cucumber	1 tablespoon finely chopped fresh cilantro or parsley
1 tablespoon chopped onions	1 cup plain yogurt
1 tablespoon salt	1 teaspoon ground cumin (optional)
1 small, firm ripe tomato	



Peel the cucumber. Slice in half and remove any large seeds. Chop. Combine the cucumber, onions and salt in a bowl, and mix them together thoroughly with a spoon. Let the mixture rest for 5 minutes, then drain off excess liquid. Add the tomato and cilantro or parsley. Toss vegetables with the yogurt and cumin until evenly coated. Cover and chill before serving.

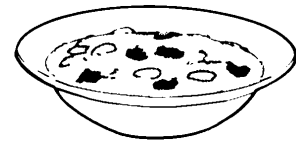
Serves 4.

NUTRITION FACTS (per serving) - Calories 60 ~ fat 1 g ~ calories from fat 10 ~ sodium 1790 mg ~ total carbohydrate 8 g

Khichadi

Khichadi (pronounced) kitch-a-de) is a dish served everyday in many homes. The name generally refers to any dish that is a combination of brown rice cooked with lentils.

3 1/4 cups water	1 cup brown rice
1 teaspoon salt	1/2 cup lentils
1 tablespoon oil	1/2 teaspoon curry powder, if desired



Put the water, salt and oil in a large pot and bring to a boil. Add the rice, lentils and curry powder. Lower the heat. Cover the pot and cook for 45 minutes over a low heat. Check frequently. Add liquid if necessary. When done, mixture should be very soft and somewhat mushy.

Serves 4.

NUTRITION FACTS (per serving) - Calories 280 ~ fat 5 g ~ calories from fat 45 ~ sodium 590 mg ~ total carbohydrate 50 g



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