

Cooking in the Gesundheit Kitchen with Chef Hans Rueffert

Superfood Series: Yogurt

From Chef Hans: There are so many benefits to this superfood but my favorite thing about yogurt is how beneficial a probiotic rich yogurt can be to a recipe. For people with problems digesting dairy, some people can take advantage of the many non-dairy varieties that are available these days. So get comfortable with yogurt and find the flavors and types that you like – there's a yogurt for everyone!

Here's my take on a fresh raita, based on the side dish traditionally made in India.

Serves – 1-2

INGREDIENTS:

- 1 cup Greek yogurt
- 1 cucumber, peeled and diced
- 1/3 cup onion
- 2 cloves garlic, chopped or minced
- 1/4 cup fresh (or dry) dill
- 1/2 cup grape tomatoes, diced
- Salt, to taste

DIRECTIONS:

- Mix ingredients together in a medium bowl. Let the flavors meld together for a bit before you serve. It just gets better the longer you wait...
- Now you're ready to enjoy!