

Cucumber Mint Sauce

Yield: 5 servings

Ingredients

$\frac{3}{4}$ cup soy or almond yogurt,
plain, unsweetened

$\frac{3}{4}$ cup grated cucumber, seeds
removed, leave peel on*

2 tablespoons fresh mint

1 tablespoon cilantro

1 tablespoon lemon juice

1 teaspoon minced garlic clove

$\frac{1}{2}$ teaspoon ground cumin

$\frac{1}{4}$ teaspoon ground coriander

$\frac{1}{4}$ teaspoon onion powder

$\frac{1}{4}$ teaspoon salt

Instructions

1. In a small bowl combine all of the ingredients. Refrigerate for at least 30 minutes or longer so the flavors can develop.

*To remove the seeds, cut the cucumber in half, lengthwise. Use a small spoon to scrape out the soft center which contains the seeds. Then grate the cucumber.

Presented by
Culinary Medicine

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Nutrition Information **Serving Size: $\frac{1}{4}$ cup**

Calories: 32 | Total Fat: 2.3 g | Saturated Fat: 0.2 g | Monounsaturated Fat: 0 g | Polyunsaturated Fat: 0 g
Sodium: 99.2 mg | Total Carbohydrate: 2.1 g | Dietary Fiber: 0.6 g | Sugars: 0.6 g | Protein: 1.2 g

Source: Adapted from The Cheeky Chickpea