

CUMIN CUCUMBER SALAD

1 medium cucumber
1 small onion, chopped fine (1/4 to 1/3 cup)
1 tsp salt
1 tomato, chopped
1 tsp cumin seeds
1/2 cup cottage cheese
1/2 cup plain, unsweetened yogurt (such as White Mountain)
A few sprigs parsley, chopped

Peel cucumber; then quarter lengthwise, slice and drain in colander.

In a small bowl, gently combine the onion, salt, tomato and drained cucumber.

Toast the cumin seeds in a small dry frying pan over medium heat only until they are brittle and fragrant, not browned. It should take about 1 minute after pan is hot.

Blend the cottage cheese and yogurt with the toasted cumin until smooth. Pour over vegetables, toss gently and refrigerate for an hour or more before serving.