

# *Vegetable salad* With Yogurt

## *Ingredients:*

250 gms cauliflower, separated into florets	2 green chilies, cut into fine pieces
2 carrots, peeled and diced	6 oz plain lowfat yogurt
¾ cup shelled green peas	2 tbsp cilantro leaves, chopped
2 medium potatoes, boiled, peeled and diced	Salt to taste

## *Method:*

1. Cook the cauliflower, carrots and green peas in salted water and then refresh in cold water, drain and keep aside.
2. Whisk yogurt with salt and green chilies.
3. Mix all the cooked vegetables with the yogurt dressing.
4. Chill and serve garnished with cilantro leaves.

*Serves:* 4

*Preparation time:* 10 to 15 minutes

## *Nutrition Information (per serving):*

Calories: 129

Protein: 6.7 gms

Carbohydrate: 24.5 gms

Total Fat: 0.8 gms

Cholesterol: 3 mg

Sodium: 56 mg

Fiber: 4.3 gms

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**This recipe is provided by Prevention & Awareness for South Asians (PRANA), a PAMF wellness program. For more recipes and health information, visit [www.pamf.org/southasian](http://www.pamf.org/southasian).**