Turmeric Yogurt Salad

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This vibrant and nutritious salad combines the earthy flavors of turmeric-infused Greek yogurt with fresh cucumbers, peppers, and tomatoes, creating a colorful and flavorful dish that's both simple and satisfying.

Timing

Prep time	Total time	Skill level
	20	**Easy**

What You'll Need

- 1 Cup plain Greek Yogurt
- 1 tbsp ground turmeric
- ½ container of baby arugula
- 1 Tomato on the vine, cut into wedges
- ¼ Long English cucumber, diced
- ¼ cup of Tomatoes, quartered
- 1 tbsp diced orange, red, and yellow bell peppers

Vinaigrette

- 1 tbsp Lemon juice
- 4 tbsp Olive oil
- 1 tbsp Minced garlic
- 1 tsp Honey
- Salt and pepper (to taste)

Directions

- Prepare Vinaigrette: In advance, create the vinaigrette by mixing minced garlic, honey, and lemon juice in a bowl. Slowly whisk in olive oil until well combined and emulsified. Season with salt and pepper to taste.

- Turmeric Yogurt: In a separate bowl, combine Greek yogurt with ground turmeric, a pinch of salt, and pepper. This mixture can be made in advance and stored for use.
- Plate Yogurt Base: Using a large spoon, place a dollop of the turmeric-infused yogurt onto each plate and spread it out slightly using the back of the spoon.
- Prepare Arugula: Toss the baby arugula with a small amount of the prepared vinaigrette. Season with salt and pepper, then gently place it on the plate, allowing some of the yogurt base to show around the edges.
- Garnish: Decorate the salad with diced tomatoes, cucumber, and assorted bell peppers for a colorful and delightful presentation.