



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 20	Skill level Easy
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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.