Cumin-Mint Raita Salad

This easy dish borrows from Indian raita, a cucumber and yogurt mixture designed to cut the heat of spicy foods. Here we added mixed vegetables such as onion and radishes for a refreshing take on chopped salad.

PREP TIME: About 20 minutes, plus 1 hour to chill
MAKES: 6 to 8 servings

- 1 red onion (8 oz.), peeled and slivered
- 8 ounces radishes, rinsed and trimmed
- 1 English cucumber (1 lb.), rinsed
- 1 cup plain whole-milk yogurt
- 2 tablespoons lemon juice
- 2 teaspoons cumin seeds
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup thinly sliced mint leaves

1. Place slivered onion in a bowl. Add cold water to cover and let stand 10 minutes. Meanwhile, slice radishes. Cut cucumber in half lengthwise, scoop out seeds with a spoon, and thinly slice into crescents. Drain onion.

2. In a large bowl, mix yogurt, lemon juice, cumin seeds, salt, pepper, and all but 2 tablespoons of the mint. Add onion, radishes, and cucumber and mix gently to coat. Cover and chill at least 1 hour or up to 1 day.

3. Just before serving, stir salad again to combine. Sprinkle with remaining 2 tablespoons mint.

Per serving: 44 cal., 25% (11 cal.) from fat; 2.5 g protein; 1.2 g fat (0.6 g sat.); 6.9 g carbo (2.1 g fiber); 170 mg sodium; 3.7 mg chol.

Fennel-Crusted Trout with Lemon-Ginger Vinaigrette

Chef Harveen Khera, whose restaurant Tallula closes this month as she searches for new digs, serves a whole golden trout and stuffs it with sprouted beans. Our recipe substitutes trout fillets for a simpler, everyday approach.

PREP AND COOK TIME: About 45 minutes
MAKES: 4 servings
NOTES: Trout may be sold whole; ask for boned, trimmed fillets.

- 1/2 cup finely chopped fresh fennel bulb
- 3 tablespoons white wine vinegar
- 1 tablespoon minced shallot
- 1 tablespoon grated fresh ginger
- 1 teaspoon grated lemon peel
- About 1/2 teaspoon salt
- About 1/2 cup olive oil
- 1/2 cup golden raisins
- 4 boned trout fillets (4 to 6 oz. each; see notes), rinsed and patted dry
- About 2 tablespoons fennel seeds

1. In a bowl, mix fennel, vinegar, shallot, ginger, lemon peel, and 1/2 teaspoon salt. Whisk in 1/2 cup olive oil until combined, then stir in raisins.

2. Brush both sides of trout with oil, then sprinkle with salt and fennel seeds. Set a 12- to 14-inch nonstick frying pan over medium-high heat. Pour in about 1/2 teaspoon olive oil, then wipe pan with a paper towel. Set fillets skin side down in pan. Cook, turning once with a spatula, until surface is lightly golden and fish is opaque in center of thickest part, 5 to 6 minutes.

3. Transfer each fillet to a plate. Whisk vinaigrette to combine and then spoon over fillets.

Per serving: 479 cal., 66% (315 cal.) from fat; 25 g protein; 35 g fat (5 g sat.); 18 g carbo (2.5 g fiber); 359 mg sodium; 66 mg chol.

Creamy Basmati Rice Pudding

Traditional Indian rice pudding inspired this simple, rich dessert.

PREP AND COOK TIME: About 30 minutes, plus 2 hours to cool and chill
MAKES: 8 servings
NOTES: Aromatic rose water is available in specialty food stores.

- 3/4 cup basmati rice
- 4 cardamom pods, crushed
- 1/2 teaspoon salt
- 1 cup whipping cream
- 1/3 cup sugar
- 8 ounces mascarpone
- 1/4 teaspoon rose water (optional; see notes)
- Chopped pistachios

1. In a 2- to 3-quart pan over high heat, bring rice, cardamom, salt, and 1 1/2 cups water to a boil. Lower heat to maintain a simmer, cover, and cook until water is absorbed and rice is tender, 20 to 25 minutes. Fluff with a fork, cover, and let cool to room temperature. Discard cardamom pods.

2. In a bowl, combine cream, sugar, mascarpone, and rose water (if using). Whip mixture with an electric mixer at medium speed, until thickened.

3. Stir in rice. Spoon into eight bowls or dessert glasses. Cover and chill until cold, at least 1 hour. Just before serving, sprinkle with chopped pistachios.

Per serving: 301 cal., 66% (198 cal.) from fat; 4.4 g protein; 22 g fat (14 g sat.); 24 g carbo (0.2 g fiber); 177 mg sodium; 57 mg chol. ●

OPPOSITE: MONICA BUCK (2; FOOD STYLING: JEE LEVINE; PROP STYLING: CATHARINE DILL); FAR RIGHT: THOMAS J. STORY