

Working up a Salad

FROM PAGE 8

mix of fruity with a boiled vegetables goes surprisingly well. You may also consume it with boiled eggs to give it that special flavour.

Cucumber Yoghurt Dressing with Mint

Tzatziki is a classic Greek dip, which also has a similar recipe to the Turkish Cacik. It is popularly consumed in the Caucasian mountain region where its unique taste goes well with the weather. The lightness of a yoghurt along with the subtle tastes of the dill and parsley used and the freshness of the olives makes it a refreshing dip.

Ingredients:

1 cup chopped cucumber
2 tbsp lemon juice
½ cup hung yoghurt (or just the watery part

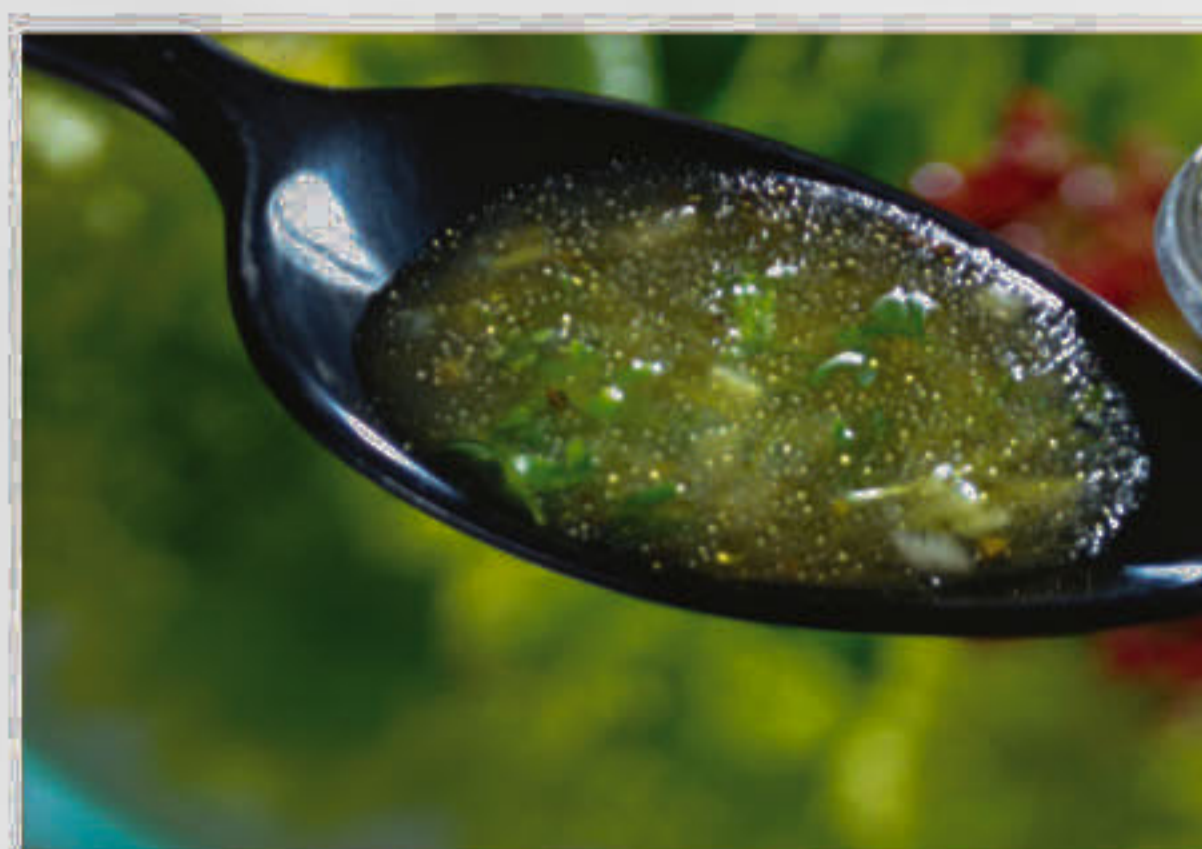
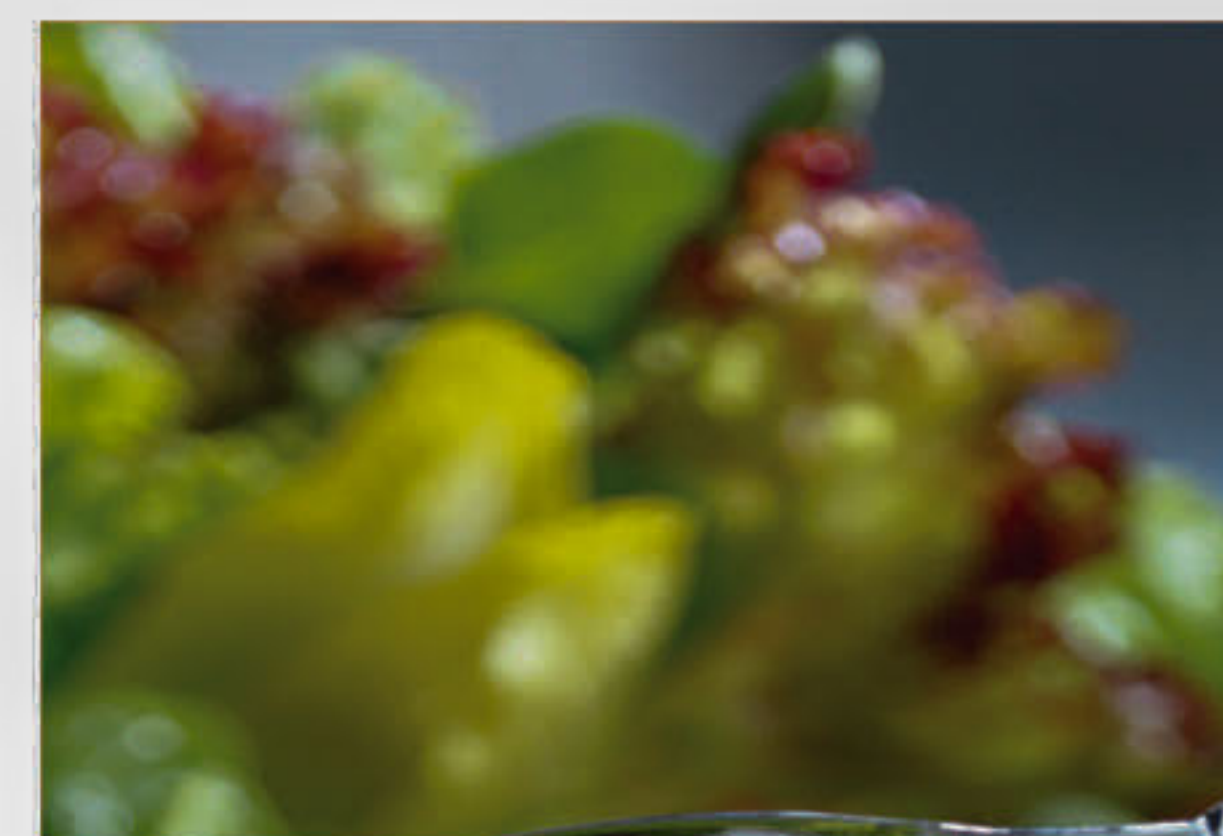
of yoghurt squeezed out)
2 tbsp chopped fresh mint
2 tbsp chopped spring onions
Freshly ground black pepper and salt to taste

Optional: Add a clove of crushed garlic, a dash of red chilli, or 1 teaspoon diced onions. Blend cucumber, lemon juice and yoghurt together in until smooth. Add chopped mint, salt and pepper and mix it well. Adjust seasonings to taste, adding minced garlic, onions or chilli to add more zing to your dip.

Serving:

Tzatziki is always best with meat based dishes so kebabs or used for grilled meats is an ideal match. It can even be served simply with raw vegetables cut into wedges as a healthy snack.

Photo: Collected



TIPS

No to toxicity

A freshly painted room can do wonders for improving the look of your home. However, the process of achieving that freshly painted look can have an undesirable effect on your health.

The most well-known toxic substances in paint are volatile organic compounds, known as VOCs.

They are a by-product of either solids, liquids or a combination of both in paint.

When paint is applied, the by-product is released into the atmosphere in the form of a gas (paint fumes).

There is a wide variety of both short-term and long-term negative health effects associated with VOCs in paint fumes. Some VOCs

also have been linked to cancer, as well as kidney and liver damage. The severity of the health effect depends on several different factors, including both the length of time and the level of exposure.

Indoor VOC levels are routinely 10 times higher than outdoor levels and up to 1,000 times higher immediately after painting.

Although VOC levels are highest during and soon after painting, they continue seeping out for several years. In fact, only 50 percent of the VOCs may be released in the first year.

So, the next time you decide to re-paint your walls, choose a paint that is free from VOC.

-LS Desk



A complete Eco-Friendly Painting Solution

BERGER Breathe easy



Healthy paint for your home















Website: www.bergerbd.com/BreatheEasy

Facebook: <https://www.facebook.com/bergerbd>

Berger Care Line: 09666-775533