



CILANTRO-MINT CHUTNEY

MAKES 2 CUPS

This traditional Indian chutney puts your garden herbs to work and is cool and refreshing in the heat of summer. Use it as a dip with vegetables, bread, or kabobs, and even as a marinade for fish or chicken. Freeze any extra chutney to serve with a warm curry during the winter months.

- ½ cup coarsely chopped onion
- ½ cup water
- 1 Tbsp. fresh lime juice
- 2 cups packed cilantro leaves and stems
- 1 cup packed fresh mint leaves
- 2 tsp. grated fresh ginger
- 1 tsp. chopped green chiles
- 1 clove garlic
- 1 tsp. sugar
- ¾ tsp. salt

In the container of a food processor or blender, add onions, water, lime juice, then herbs; pulse a few times until lightly chopped. Add remaining ingredients and continue to pulse until puréed to a loose paste. Keeps in the refrigerator for a few days and freezes well for months.

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