

Cilantro-Mint Chutney

Ingredients

2 cups cilantro, including stems

1/2 cup mint leaves, stems removed

1-2 green chilies, jalapeno, or 1/4 cup green bell pepper, diced

1 T ginger, grated

1 T lime juice, adjust to taste

1/4 cup roasted chickpeas, peanuts, or sunflower seeds

(alternately add 1 T of tahini, peanut butter, cashew butter, or any nut or seed butter)

1/4 cup water

Method:

Blend all ingredients in a high speed blender until smooth.

Salt and lime juice, to taste.

Recipe by Garden Chef Shobha Swamy



ATLANTA BOTANICAL GARDEN