
Mint Chutney

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Start to Finish Time: 10 minutes

1 bunch (2 cups) fresh cilantro leaves, stems removed

1 bunch (1 cup) fresh mint leaves, stems removed

3 to 4 whole green chile peppers

3 cloves garlic, halved

juice of one lemon or lime

1 tablespoon sugar

1 teaspoon cumin seeds

1/2 teaspoon salt

1 to 2 tablespoons water

In a blender, combine the cilantro, mint, green chile peppers, garlic, lemon juice, sugar, cumin and salt.

Cover and process until smooth, adding water to reach the desired consistency.

Yield: 2/3 cup

Condiments, Sauces

Per Serving (excluding unknown items): 70 Calories; trace Fat (5.8% calories from fat); 1g Protein; 16g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1079mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fat; 1 Other Carbohydrates.