

Cilantro Mint Dip

Author: From Gourmet magazine, 8/2007



Description: Talk about flavorful! Wow. It's all about the herbs - the sour cream is just the rich palate to highlight the flavors.

1. Place all ingredients into blender (or food processor).
2. Puree until the mixture is evenly green with just tiny flecks of the herbs. Pour out into a serving bowl, cover and refrigerate for at least an hour.
3. Serve with crackers, pita chips, a flatbread, or Indian pappadums. Or, if you have a source for Iranian sangak bread, use that.

1 cup light sour cream
2 cups cilantro, use a packed measure
2/3 cup fresh mint, use a packed measure
1 tablespoon green onion, chopped
1 tablespoon jalapeno pepper, seeded and minced
1/2 teaspoon fresh ginger, peeled and chopped
salt and pepper to taste

Per Serving (excluding unknown items): 34 Calories; 1g Fat (21.1% calories from fat); 2g Protein; 6g Carbohydrate; 1g Dietary Fiber; 2mg Cholesterol; 25mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:
<http://tastingspoons.com>