



Heart Healthy Recipes

A (Sort of) Moroccan Marinade

6 tbs - Sesame seeds
1 tsp - Cumin
1 ¹/₂ tsp - Ground cinnamon
¹/₄ tsp - Salt
Ground pepper to taste
2 tbs - Fresh lemon juice
¹/₄ cup - Honey

Toast the sesame and cumin seeds in a dry skillet until they are very slightly browned. Grind the sesame seeds and spices and combine with the other ingredients. (You may need to warm the honey slightly in the microwave.)

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More recipes are available at: www.mediterrasian.com