



Heart Healthy Recipes

Algerian Marinade

4 cloves - Peeled garlic
2" piece - Fresh ginger root
6 - Scallions, trimmed
1 fistful - Fresh cilantro
1 - Jalapeno pepper or $\frac{1}{2}$ tsp - Ground hot chile pepper
 $\frac{1}{3}$ cup - Fresh lemon juice
Pinch - Saffron (optional)
2 tsp - Paprika
 $\frac{1}{4}$ tsp - Salt
Fresh ground pepper to taste
 $\frac{1}{2}$ cup - Olive oil

Coarsely chop the garlic, ginger root, scallions and coriander leaf. Trim and chop the jalapeno pepper, if used. Place the chopped ingredients in a blender or food processor to pulverize them. Add lemon juice and spices and process to make a thick paste. Slowly add the olive oil with the blender/processor running into you have a smooth emulsion.

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More recipes are available at: www.mediterrasian.com