



Heart Healthy Recipes

Grilled Vegetable Sauce

- 2 tsp - Cumin seed
- 1/2 tsp - Black peppercorns
- 1 - Small fresh hot pepper
- 1 handful - Fresh cilantro
- 2 tbs - Fresh mint
- 3 cups - Non-fat unflavored yogurt

Toast the cumin seed and peppercorns in a dry skillet until the cumin is very lightly browned; grind the spices. Chop the fresh hot pepper, coriander and mint together. Mix the spices and herbs into the yogurt. You can use this mixture both to baste the vegetables as they grill and as a sauce for the finished product.

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More recipes are available at: www.mediterrasian.com