



Heart Healthy Recipes

Moghul Marinade

3 cloves - Peeled garlic
1" piece - Fresh ginger root
1 tbs - Coriander seed
1 tsp - Cumin
4 - Cardamom pods
1/4 tsp - Black peppercorns
6 - Whole cloves
1 tsp - Paprika or chile powder
1/4 tsp - Ground cinnamon
1/4 tsp - Salt
2 tbs - Lemon or lime juice
2 tbs - Canola oil
1/2 cup - Non-fat unflavored yogurt

In a blender or food processor, mince the garlic and ginger root. Grind the whole spices and add to the garlic and ginger. Add the paprika, ground cinnamon, lemon or lime juice, salt and oil and blend briefly. Add the yogurt and blend.

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More recipes are available at: www.mediterrasian.com