

## Yogurt Mint Chutney

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Fresh herbs are often used in Indian cuisine to create bright and flavorful chutneys. This chutney is typically used as a dipping sauce for fried foods, or served with lamb dishes. This chutney can be refrigerated for up to 3 days in an airtight container.

### **Ingredients:**

1 cup cilantro, thick stems removed  
1 cup mint, thick stems removed  
 $\frac{3}{4}$  cup lowfat plain yogurt  
1 Serrano green chili, chopped  
1 medium garlic clove  
 $\frac{1}{2}$  teaspoon peeled grated ginger  
1 teaspoon vinegar  
 $\frac{1}{2}$  teaspoon sugar  
 $\frac{1}{8}$  teaspoon crushed red pepper  
 $\frac{1}{4}$  teaspoon salt, adjust to taste

### **Instructions:**

1. Put all ingredients in a blender and blend until smooth.

**Serving Suggestion:** Serve with samosas or kebabs.

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