

Some like it HOT... Like a spicy coriander and chili chutney, we call it Lilli (Lee-lee) Chutney

Ingredients:

- 1 bunch washed cilantro (stems too)
- 1 serrano jalapeno
- 2 cloves garlic paste (or finely chopped)
- Salt to taste
- 1 tsp ground cumin powder
- ½ cup Water (to achieve desired thickness)
- 1 tbsp plain yogurt on standby if it's too spicy



Blend the coriander, jalapeno, salt, and cumin powder. Add water as it becomes too thick to desired thickness, should slide off a spoon but not drip off a spoon. Taste when completely mixed and blended. If it's too spicy or for a slightly creamier taste, add the yogurt and blend again. Chill or serve immediately with pita chips, samosas, or spread on bread when making a sandwich for a little kick! Namaste! Chalo Jamvaa!

And some like it COOL, try my mouth cooling Raita (pronounced RYE-THA)

Ingredients:

- 1 diced carrot
- ½ yellow or white onion washed and finely diced
- ¼ cup finely diced cilantro
- 1 tsp ground cumin
- 2 tsp finely chopped serrano pepper or jalapeno pepper
- 1 clove finely chopped or paste garlic
- 1 tsp coarse ground mustard seed
- 2/3 cup plain yogurt (greek is good too)
- Salt to taste



[This Photo](#) by Unknown Author is licensed under [CC BY-NC](#)

Mix all the ingredients together in a bowl. You're ready to serve with any dish as a garnish or a side dressing, enjoy.

Chalo Jamvaa!

Submitted by Ragini Mistry, Ragini Mistry, MSN, PCCN, Clinical Nurse III

Born in Texas, my ancestral roots are from Gujarat, India.



[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)