

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Zhoug

This spicy, pesto-like Middle Eastern condiment, traditionally served with falafel, also goes great with grilled meat, fish, and poultry. Try mixing a dollop into roasted vegetables.

Makes 1 ¼ cup

Ingredients:

3 ounces hot peppers (2-3 each) - such as jalapeno or Hungarian wax peppers
1 bunch cilantro – thick stems removed
1 bunch parsley – thick stems removed
3 garlic cloves
1 teaspoon ground coriander
1 teaspoon ground cumin
¼ cup olive oil
½ teaspoon salt (optional)

Directions:

In a blender, combine all of the ingredients and blend until smooth.
May store in the refrigerator for up to 2 weeks.

Recipe Note: for a hotter mix leave the seeds in the peppers.

Nutritional Information per teaspoon:

Calories: 30	Carbohydrates: 1g
Total Fat: 3g	Cholesterol: 0mg
Saturated Fat: 0g	Dietary Fiber: 0g
Sodium: 55mg	Protein: 0g