

Jalapeno & Cilantro Coulis



Michigan Restaurant & Lodging Association
EDUCATIONAL FOUNDATION

MRLAEF

Ingredients

- 1 bunch Cilantro
- 2 cloves garlic
- 1 Jalapeno
- 1/4 tsp salt
- 1/3 c olive oil
- 3 Tbsp orange juice

Use this on chicken or bean salad. Any Mexican or Indian dish would benefit from the addition or as a fantastic marinade for pork

Directions

Thoroughly rinse and dry cilantro leaves. Roughly chop them, you should have about 1 1/2 cups. Roughly chop the garlic. Wash core and seed the jalapeno.

Place Cilantro, garlic, jalapeno and salt in a blender or food processor, chop fine. With the motor running and the olive oil and then the orange juice. Sauce will keep overnight in the refrigerator, covered.

Nutritional Information

Calories per serving

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrates

Dietary Fiber

Protein

Servings 6

103

11.3 g

1.6g

0

9 mg

1.4g

0.2g

1.2g