

Mohamed's Saucy Dip

This recipe was thrown together one night at a friend's house by a gifted chef, Mohamed Aboghanem, who owns Saba Restaurant in San Francisco with his wife, Marmee. It's light, creamy, ultra-healthy, and goes with just about anything. Use it as a dip with veggies, meat or bread, on top of quinoa, on a sandwich or even on its own as a soup.

- 6 medium organic tomatoes
- 1 medium avocado, pit and skin removed
- ¼ - ½ jalapeno (or another chili pepper), seeds and pith removed (optional)
- Juice of 1 whole, large lemon (seeds removed)
- 1 – 2 tablespoons fresh mint leaves
- ½ teaspoon ground cumin
- ¼ teaspoon ground coriander
- 1 teaspoon sea salt
- ¼ - ½ teaspoon freshly ground pepper

Combine all ingredients in a blender or VitaMix. Blend until smooth. Seriously...it's that easy.