



## Whipped Yogurt Mint Sauce

By Dylan Sabuco

**Prep Time 5 / Cook Time / Serves 4 - 6**

### Fun-Da-Mentals Kitchen Skills

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**chop:** to cut something into small, rough pieces using a blade.

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

### Equipment

- ☐ Medium bowl
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Measuring cups
- ☐ Measuring spoons
- ☐ Whisk

### Ingredients

#### Whipped Yogurt Mint Sauce

- ☐ 1 cucumber
- ☐ 1 small handful fresh mint leaves (roughly 6 leaves)
- ☐ 3/4 C plain yogurt **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free plain yogurt)\*\***
- ☐ 1 tsp honey
- ☐ 1/4 tsp salt

# Food Allergen Substitutions

## Whipped Yogurt Mint Sauce

**Dairy:** Substitute dairy-free/nut-free plain yogurt.

## Instructions

### Whipped Yogurt Mint Sauce

#### chop + measure

As finely as possible, chop **1 cucumber** and **1 small handful of mint leaves**. Scrape those into a medium bowl. Then, measure **3/4 cup yogurt**, **1 teaspoon honey**, and **1/4 teaspoon salt** and add them to the bowl with the cucumber and mint.

#### whisk + serve

Whisk the mixture until well combined. The more you whisk, the more green the sauce will become! Try serving this sauce drizzled over **Sweetly Spiced Afghan Stewed Eggplant "Borani Banjan."**

## Featured Ingredient: Mint!

Hi! I'm Mint!

"I'm a green herb with a sweet, cool taste and pleasant aroma. You may have tasted me in gum and toothpaste, but my favorite is mint chocolate chip ice cream!"

### History & Etymology

With its fresh scent hard to miss, mint was undoubtedly one of the earliest herbs discovered. It has been found in Egyptian tombs dating back to 1,000 BCE and has been part of Chinese medicine even longer. Ancient Romans and Greeks used mint to flavor cordials and fruit compotes, as well as for baths and perfumes.

Mexicans call mint "yerba buena" or "good herb."

The United States produces over 70 percent of the world's peppermint and spearmint.

The word "mint" comes from the Old English "minte," from German "minze," from the Greek "minthē."

### Anatomy

The mint plant is from the *Mentha* genus. It is an aromatic perennial herb. The plants can grow 4 to 48

inches tall and have runners below and above ground that can spread.

There are 18 to 24 species of mint currently recognized. Other mints are natural hybrids and cultivated hybrids. Some herbs with "mint" names, like cat mint (catnip), are not part of the *Mentha* genus.

Spearmint (*Mentha spicata*) is also known as common garden mint. Peppermint (*Mentha × piperita*) is a natural hybrid cross between spearmint and watermint (*Mentha aquatica*).

### How to Pick, Buy, & Use

Mint is easy to grow at home or can be purchased at the grocery store. You can keep a bunch of fresh mint in a glass of water for up to two days.

Mint is harvested for its leaves, fresh or dried, for many culinary uses to add a cool, refreshing flavor. Foods that mint is added to include beverages, candies, ice cream, jellies, meat dishes, sauces, syrups, and teas.

Mint essential oil and menthol are added as flavoring to breath fresheners, candy, chocolate, drinks, gums, and toothpaste. It can also be used for aromatherapy.

Mint pairs well with these foods: asparagus, beans, carrots, cucumbers, eggplant, peas, potatoes, tomatoes, and yogurt. You can combine mint with these herbs and spices: basil, clove, cumin, dill, ginger, oregano, parsley, and thyme.

### Nutrition

Although mint has some health benefits, it is best to eat it in moderation.

Mint has small amounts of vitamins A and C, along with the minerals calcium and iron.

Mint may aid in digestion, but if you have gastroesophageal reflux disease (GERD), it may aggravate symptoms.