**Minty Herb-Feta Sauce**

Chef Kathryn and the South Huntington Library

Makes 1 cup, serves 8

**Ingredients:**

1 cup fresh mint

1 cup packed fresh flat-leaf parsley

½ cup packed fresh cilantro

½ cup pine nuts

1 medium clove garlic, smashed

2 teaspoons finely grated lemon zest

¼ teaspoon crushed red pepper flakes

½ teaspoon Kosher salt

½ cup olive oil

¼ cup crumbled feta

2 Tablespoons fresh lemon juice, more if needed

**Procedure:**

1. Pulse the mint, parsley, cilantro, pine nuts, garlic, lemon zest, red pepper flakes, and ½ teaspoon salt in a food processor into a coarse puree.
2. While pulsing, add the oil through the feed tube and pulse until combined, add the feta and lemon juice and pulse a few times; you want the bits of feta visible. Season to taste with more salt or lemon juice

**Chef’s Notes:**

This is a cold sauce and will freeze for a short time

Recipe adapted by Chef Kathryn Bari-Petritis, 2021, Kathryn@thehealthchef.com

Visit her at: [www.thehealthchef.com](http://www.thehealthchef.com), Author of; Health Transforming Foods, Their Stories and Recipes. Sold on Amazon

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