



Compound Butter with Chili, Lime and Mint

Makes 12 servings (2 teaspoons per serving)

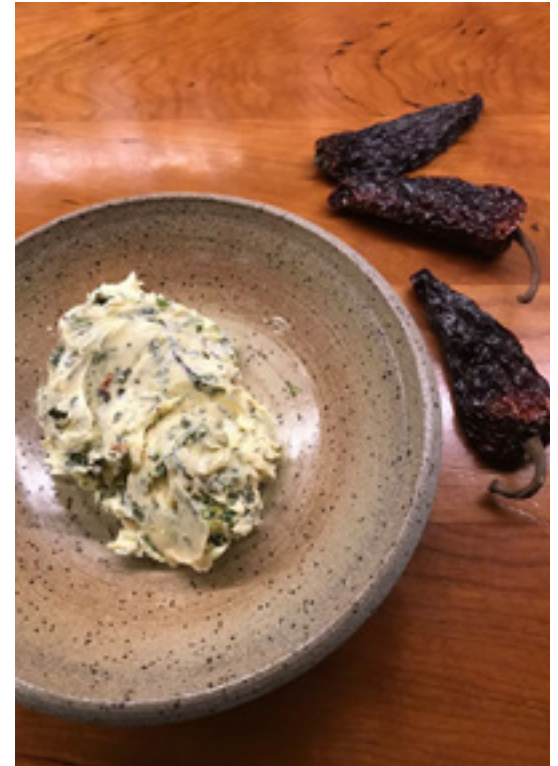
1 stick salted butter, softened at room temperature
Zest from one lime
2 tablespoons chopped fresh mint
1 small dried chili
Pinch of salt

Directions

Soak the dried chili in water for 30 minutes, to soften. When soft, chop the chili into small pieces. For mild to medium heat, use about 1 tablespoon of chopped chili. If you want more heat, use more chili.

Combine the softened butter, lime zest, chopped mint, chili and pinch of salt in a bowl or in a stand mixer. If blending by hand, gently fold ingredients together with a spatula. If using a stand mixer, blend on low speed for a few seconds.

Serve with fresh corn on the cob, with grilled vegetables, or steamed potatoes.



**For more healthy recipes,
please visit Your Healthy Kitchen
via www.yrmhealthconnect.org**

NUTRITION INFORMATION PER 2 TEASPOON SERVING:

Calories	68
Protein	0 g
Carbohydrate	0 g
Fiber	0 g
Fat	8 g
Sodium	61 mg
Potassium	7 g

Cost per serving:
approximately \$0.15