Fit & Flavorful
Apricot and Strawberry Salsa
Recipe from Executive Chef Tim Cockram

Calories: 43  Protein: 1.0g  Carbohydrates: 10.4g  Total Fat: 0.3g
Saturated Fat: 0.0g  Sodium: 3.5mg
Cholesterol: 0.0mg  Fiber: 2.5g

Yield: Approx. 8-9 serving (1/2 cup servings)
MC Healthy Weight Pyramid serving: 1 fruit

Ingredients

½ cup apple juice (unsweetened)
1 tablespoon coriander
1 tablespoon cinnamon
1 cup apricots (pit removed and diced into ¼ inch squares)
4 cups strawberries (stemmed and diced into ¼ inch squares)
1 cup green onions, finely diced
2 tablespoons basil, chiffonade
2 tablespoons grated lemon zest

Preparation

In a medium bowl, whisk juice, coriander and cinnamon together to combine.
Toss apricots, strawberries, onion, and basil gently to combine. Add lemon zest.

Serving suggestions:
Serve salsa over pancakes, waffles, French toast, hot cereal, or mix into plain yogurt. If you prefer, the salsa may be warmed up a little prior to serving.
Fit & Flavorful
Basil Pesto
Recipe from Executive Chef Nick Weimer

Calories: 39  Protein: 1.4g  Carbohydrates: 0.4g  Total Fat: 3.6g
Saturated Fat: 0.9g  Unsaturated Fat: 2.7g  Trans Fat: 0g
Cholesterol: 2.4mg  Sodium: 57.8mg  Fiber: 0.1g

Yield: 24 servings (1 Tbsp. serving size)
Mayo Clinic Exchange: 1 fat

Ingredients

1 bunch fresh basil (1 cup)
1 cup fresh spinach
2 cloves fresh garlic
2 Tbsp. nut of choice, toasted
¾ cup olive oil
3 oz. fresh parmesan cheese
1 tsp. lemon juice

Preparation

Place all ingredients in a food processor (basil and spinach first) and pulse to desired consistency.
Fit & Flavorful
BBQ Spice Rub
Recipe from Chef Richard Johnson

Calories: 117     Protein: 2gm     Carbohydrates: 21.5gm     Total Fat: 3gm
Saturated Fat: 0.5gm     Unsaturated Fat: 2.5gm     Trans Fat: 0gm
Cholesterol: 0mg     Sodium: 88mg     Fiber: 4gm
(Mayo Clinic Pyramid Servings: 1 ½ carbohydrate and 1 vegetable)

Yield: 4 servings

Ingredients
- 2 Tbs Dark Chili Powder
- 1/4 tsp garlic powder
- 1/2 tsp mustard seed ground
- 1 bay leaf, ground
- 1/2 tsp cumin seed, ground
- 1/2 tsp red pepper flake, ground
- 2 tsp corn oil
- 1 tsp lemon juice
- 1 tsp molasses
- 1 tsp paprika
- 1 lb Fresh Sweet Potatoes, sliced 1/4 inch thick.
- 4 baby zucchini, sliced

Preparation

Combine oil, molasses and lemon juice. Spray a baking sheet with pan spray. Arrange sweet potato slices in one layer on the cooking sheet. Brush each with oil, molasses, lemon mixture. Sprinkle with bbq spice rub. Bake 325 for 10 minutes or until tender and browned.
Fit & Flavorful
Blue Cheese Dressing
*Recipe by Executive Chef Mark Beland*

Calories: 25  Protein: 0.7gm  Carbohydrates: 3.3gm  Total Fat: 1.1gm
Saturated Fat: 0.5gm  Unsaturated Fat: 0.6gm  Cholesterol: 3.0mg
Sodium: 170 mg  Fiber: 0.3gm
(Mayo Clinic Pyramid Servings: 1 fat)

**Yield: 15 servings**

**Ingredients**

½ c. blue cheese crumbles  
1 c. fat free Mayo  
1 tsp. Worcestershire sauce  
½ tsp. cayenne

1 Tbs. minced garlic  
1 Tbs. horseradish  
½ c. low fat buttermilk

**Preparation**

Mix all ingredients together and chill.
Fit & Flavorful  
Blue Cheese Dressing  
*Recipe from Executive Chef Tim Cockram*

Calories: 65  
Protein: 3.6g  
Carbohydrates: 5.0g  
Total Fat: 3.4g  
Saturated Fat: 2.2g  
Cholesterol: 11.5 mg  
Sodium: 206.9mg  
Trans Fat: 0g  
Fiber: 0.0g

**Yield:** 3 servings (serving size = 2 tablespoons)  
Mayo Clinic Exchange: ½ protein/dairy

**Ingredients**
3 tablespoons (1 ¼ ounces) crumbled blue cheese  
1/3 cup fat-free sour cream  
2 teaspoons finely chopped green onion  
½ teaspoon white wine vinegar  
1 tablespoon skim milk

**Preparation**

To make the blue cheese dressing: In a small bowl, mash together the blue cheese and sour cream with the back of a spoon. Stir in the green onion, vinegar and milk until blended.
Fit & Flavorful
Chipotle Alfredo Sauce
Recipe from Executive Chef Tim Cockram

Yield: Approx. 15 servings (serving size 3 Tbsp.)
Mayo Clinic Healthy Weight Pyramid serving: 1 fat

Ingredients
½ cup grated parmesan cheese
2 Tbsp. Canola oil
3 Tbsp. chopped fresh parsley
4 clove garlic, minced
1 tsp. chopped fresh ground pepper
½ cup yellow onion
1 cup bell pepper, diced
1 Tbsp. white wheat flour
1 cup low-fat (1%) milk
½ cup vegetable broth
½ cup non-fat Greek yogurt
1 tsp. chipotle puree

Creative Additions
1 Tbsp. of cumin and coriander

Preparation
Heat the oil in a skillet over medium heat. Add the garlic and lemon zest and
cook until the garlic is slightly soft and caramelized, about 1 minute (add spices
here). Add in the onions and bell peppers stirring well. Next, add the flour and
cook stirring with a wooden spoon, 1 minute. Whisk in the cold milk and
vegetable broth whisking constantly, until just thickened, about 3 minutes. Add
the yogurt, chipotle puree and parmesan cheese; whisk until melted, about 1
minute. Stir in the chopped parsley, season with black pepper.

Technique: Pan roasting builds deep flavors.
Taste: A great combination of spices and cooking methods make this dynamite
combo.
Try: Add the spices or more chipotle if you want to kick it up!
Tip: Substituting Greek yogurt for full fat dairy ingredients provides a thick
consistency with less fat and adds some protein.
Fit & Flavorful
Chipotle and Black Bean Salad
Recipe by Executive Chef Mark Beland

Calories: 60  Protein: 3g  Carbohydrates: 12g  Total Fat: 0.5g
Saturated Fat: 0g  Unsaturated Fat: 0.5g  Sodium: 7mg
Cholesterol: 0mg  Trans Fat: 0g  Fiber: 4g

Yield: 8 servings
Mayo Clinic Pyramid Servings: 1 vegetable, ½ carbohydrate

Ingredients
1 lb. fresh tomatoes, diced
1 Tbsp. black pepper, ground
1 c. yellow onions, diced
Juice from 1 lime
1 c. red bell pepper, diced
1 Tbsp. garlic, minced
1 Tbsp. Cumin seed, ground
1 Tbsp. white vinegar
2 Tbsp. canned chipotle peppers, minced
1 c. prepared black beans
2 Tbsp. fresh oregano, minced

Preparation
Process all ingredients and mix together in large bowl. Refrigerate for several hours to let flavors combine.

If desired, serve with whole grain chips or use to compliment tacos.
Fit & Flavorful
Citrus Salsa
Recipe from Chef Richard Johnson

Calories: 114     Protein: 2 gm         Carbohydrates: 26.5 gm  Total Fat: 1.5gm
Saturated Fat: 0.2 gm     Unsaturated Fat: 1.3 gm
Cholesterol: 0 mg          Sodium: 1.8 mg
(Mayo Clinic Pyramid Servings: 2 fruit)
Yield: 4 servings

Ingredients

1 lime 2 c. oranges
1 tsp. olive oil 1 TBS Cilantro leaves
4 tsp. red hot chili peppers 1 TBS fresh mint
½ c. red onions (chopped) 2 c. grapefruits

Preparation

Zest the lime. Remove the peeling, then section. Add sections to a bowl.
Add olive oil.
Finely dice the pepper and add to the bowl.
Zest, section the oranges and add to the bowl.
Finely dice the cilantro, mint, and onions.
Zest and section the grapefruit. Add all the ingredients and toss to coat evenly. Place salsa in sterilized jars. Pressure can 15 minutes at 5 lbs.
Fit & Flavorful Guacamole
Recipe from Executive Chef Nick Weimer

Yield: 8 servings
Mayo Clinic Exchange: ½ fat, ½ carbohydrates

Ingredients

1 Avocado, diced (1/2 cup)
1 Large ripe tomato, diced (1 cup)
1 Shallot, minced (1/4 cup)
½ cup prepared beans (black, pinto, cannellini, etc.)
2 t. cumin
Juice of 1 lime
¼ t. cayenne, chipotle, or ancho chili powder (optional)

Preparation

In a medium mixing bowl mass avocado, beans, cumin, lime juice and cayenne pepper. Place tomato and shallot in bowl and stir to combine.
Fit & Flavorful
Hummus
Recipe from Executive Chef Nick Weimer

Calories: 77  Protein: 3.9g  Carbohydrates: 12.6g  Total Fat: 1.5g
Saturated Fat: 0.2g  Unsaturated Fat: 1.3g  Trans Fat: 0g
Cholesterol: 0.0mg  Sodium: 3.6mg  Fiber: 3.4g

Yield: 6 servings
Mayo Clinic Exchange: ¾ protein

Ingredients

1 ½ cups garbanzo beans, prepared
1 tsp. tahini or ½ Tbsp. sesame seeds
3 cloves garlic
Zest and juice of 1 large lemon

Preparation

Place all ingredients in a food processor and blend to desired consistency.
Fit & Flavorful  
Mango and Roasted Pepper Salsa  
*Recipe from Executive Chef Tim Cockram*

**Yield:** Approx. 8 serving  
MC Healthy Weight Pyramid serving: ½ fruit, ½ fat  

**Ingredients**

- 1 tsp. crushed pepper  
- 2 mangos, diced (about 2 cups)  
- ½ small red onion, minced (1/3 cup)  
- 2 Tbsp. cilantro, minced  
- 1 roasted red bell pepper, minced (1/2 cup)  
- 2 Tbsp. garlic, minced  
- Zest and juice of 1 lime  
- 1 tsp. cumin  
- 1 Tbsp. olive oil

**Preparation**

In dry sauté pan, heat crushed peppers until fragrant. Then place all ingredients in a bowl and mix thoroughly.
Fit & Flavorful
Mango Salsa
Recipe from Executive Chef Nick Weimer

Calories: 91  Protein: 1.3g  Carbohydrates: 16.4g  Total Fat: 3.2g
Saturated Fat: 0.5 g  Unsaturated Fat: 2.7  Trans Fat: 0g
Cholesterol: 0.0mg  Sodium: 4.1mg  Fiber: 2.0g

Yield: 5 servings
Mayo Clinic Exchange: 1 fruit, ¼ vegetable, ½ fat

Ingredients
2 mangoes diced (about 2 cups)
½ small red onion, minced (1/3 cup)
2 Tbsp. cilantro, minced
3 red Fresno peppers, minced (1/3 cup)
Zest and juice of 1 lime
1 Tbsp. olive oil

Preparation
Place all ingredients in a bowl and mix thoroughly.
Fit & Flavorful
Mole Sauce
Recipe from Executive Chef Nick Weimer

Calories: 77  Protein: 2.2g  Carbohydrates: 11.5g  Total Fat: 3.1g  Saturated Fat: 1.0g  Unsaturated Fat: 2.1g  Trans Fat: 0g  Cholesterol: 0.1mg  Sodium: 17.4 mg  Fiber: 2.6g

Yield: 8 servings
Mayo Clinic Exchange: 2 vegetable, ¼ sweet

Ingredients
1 tsp. canola oil 2 Tbsp. chopped almonds
2 Tbsp. garlic, chopped 1 tsp. cinnamon
1 yellow onion, chopped (1 cup) 1 oz. 100% chocolate bar, chopped
1 chipotle pepper, chopped (1 Tbsp.) ½ tsp. coriander
1 Poblano pepper, chopped (1/2 cup) ¼ tsp. anise
4 Fresno peppers, chopped (1/4 cup)
3 bell peppers, chopped (1 ½ cup)
1 large tomato, chopped (1 cup)
1 cup low sodium vegetable stock

Preparation
Preheat a small saucepan over medium heat and add canola oil, garlic and onion. Sauté until brown, about 5 minutes. Add peppers and sauté until they begin to break down, about 15-20 minutes. Add tomato, stock, almonds, chocolate and spices, reduce heat and cook stirring occasionally until all ingredients begin to break down and lose all moisture, about 2-4 hours. Let cool slightly and puree in a blender, adding a small amount of water as needed.
Fit & Flavorful
Orange Sherry Vinaigrette
Recipe from Executive Chef Tim Cockram

Calories: 84  Protein: 0.2g  Carbohydrates: 1.1g  Total Fat: 9.0g
Saturated Fat: 1.3g  Trans Fat: 0.0g  Sodium: 0.5mg  Fiber: 0.3g
Yield: Approx. 12 tablespoons
MC Healthy Weight Pyramid serving: 2 fats

Ingredients
2 T. C. Garlic minced
¼ C. Aged Sherry Vinegar
½ C. Olive Oil
2 T. Ground Black Pepper
1 Orange Zest and Juiced

Optional ingredients for maximum excitement
½ c. fresh Cilantro

Preparation

Technique: Emulsification – the combining of two insoluble ingredients.

Taste: If you don’t like Cilantro, try fresh Parsley or another herb.

Try: Other vinegars to change the flavor profile

Tip: Olive oil is a rich source of monounsaturated fat, a healthy fat.
Fit & Flavorful
Orange Vinaigrette
Recipe from Mayo Clinic Cookbook

Yield: 4 servings

Ingredients
2 cups orange juice
2 tablespoons cornstarch
1/3 cup white wine vinegar
2 teaspoons Dijon-style mustard
2 teaspoons dried basil or 1 tablespoon fresh basil
2 teaspoons extra-virgin olive oil

Preparation
In a small saucepan, combine the orange juice and cornstarch. Heat to boiling, stirring constantly. Boil for about 1 minute. Pour into a bowl or jar and refrigerate until cold.

When the orange juice mixture is well chilled, add the vinegar, mustard, basil and olive oil. Whisk until well blended. Serve immediately or cover and refrigerate until needed.
Fit & Flavorful
Pear butter
Recipe from Chef Richard Johnson

Yield: 4 pints  1 tbsp per servings

Ingredients
6 lbs. pears 1 tsp. cinnamon
1 orange 2 Tbs. ground cinnamon
1 Tbs. ground nutmeg 1 c. water
1 cup brown sugar, packed

Preparation
Wash, remove, stem, and dice the pears. Zest and juice the oranges.
Place pears in a large pot with just enough water to cover the bottom. Simmer about 30 minutes until the pears are very tender.
Press through a food mill or process in a food processor until very smooth.
Add pureed pears, sugar, orange juice and zest to a large pot. Cook over medium heat.
Add pear butter to sterilized jars leaving ¼ inch headspace. Remove air bubbles.
Fit & Flavorful Pepper Sauce

Recipe by Executive Chef Mark Beland

Calories: 63  Protein: 0.4gm  Carbohydrates: 2.0gm  Total Fat: 5.6gm
Saturated Fat: 0.7gm  Unsaturated Fat: 4.9gm  Cholesterol: 0mg  Sodium: 2.8mg  Fiber: 0.1gm
(Mayo Clinic Pyramid Servings: 1 fat, 1/2 vegetable)

Yield: 10 servings

Ingredients

1 Ancho chili  
1 chipotle chili  
1 New Mexico chili  
1 c. white wine vinegar  
½ c. water  
1 red Fresno chili  
¼ c. olive oil

Preparation

Soak dried chilies in vinegar and water (remove stems) for one hour. Put on low heat and simmer with Fresno for one half hour. Add to blender and puree until very smooth. With motor running add oil at a very slow drizzle. Coat chicken.
Fit & Flavorful
Pesto
Recipe from Executive Chef Tim Cockram

Calories: 73  Protein: 0.4g  Carbohydrates: 0.5g  Total Fat: 8.0g  
Saturated Fat: 1.0g  Unsaturated Fat: 7.0g  Trans Fat: 0.0g  
Cholesterol: 0.0mg  Sodium: 0.4mg  Fiber: 0.2g

Yield: 2 cups (approximately)  
Mayo Clinic Exchange: 1 ½ fats

Ingredients

½ c. lightly toasted walnuts  
6 garlic cloves  
4 oz. basil leaves (approximately 2 cups packed)  
1 c. extra virgin olive oil  
½ of lemon

Preparation

Toast walnuts in an oven or on the stove top until just browned and fragrant. Using a food processor place the garlic and pulse until well minced. Add the walnuts and pulse until roughly chopped. Add the basil and puree for about 30 seconds. Slowly add the oil until your pesto forms. Squeeze one half of the lemon into the pesto and pulse briefly to mix.
Fit & Flavorful
Queso Dip
Recipe from Executive Chef Tim Cockram

Calories: 34  Protein: 1.7g  Carbohydrates: 2.0g  Total Fat: 2.0g
Saturated Fat: 1.1g  Trans Fat: 0g  Cholesterol: 5.6mg  Sodium: 68.7mg  Fiber: 0.3g

Yield: 40 servings (2 Tablespoons per serving)
Mayo Clinic Exchange: 1/3 protein/dairy

Ingredients
2 tsp. canola oil  3 Tbsp. cornstarch
1 medium onion, chopped  1 ¼ c. shredded sharp cheddar
2 cloves garlic, minced  2 Tbsp. lime juice
½ lb. fresh spinach, rinsed and drained
1 10-oz. can diced tomatoes with green chiles
1 tsp. chili powder
2 Tbsp. Chopped fresh cilantro
½ c. pale ale or other light colored beer
1 ½ c. low-fat milk (1%), divided

Preparation
Heat oil in large saucepan over medium heat. Add onion and garlic and cook, stirring, until soft and beginning to brown, 4 to 5 minutes. Stir in spinach, tomatoes, chili powder and cilantro and sauté for 2 minutes or until caramelized. Add beer and cook until reduced slightly, about 1 minute. Add 1 cup milk and bring to a simmer.

Meanwhile, whisk the remaining ½ cup milk and cornstarch in a small bowl. Add to the pan and cook, stirring vigorously until bubbling and thickened, 1 to 2 minutes. Reduce heat to low, add cheese and cook, stirring, until melted. Finish with lime juice. Serve warm with fresh vegetables, whole grain crackers, etc…
Fit & Flavorful
Quick Kraut
Recipe from Executive Chef Mark Beland

Calories: 7  Protein: 0.2g  Carbohydrates: 1.4g  Total Fat: 0.0g
Saturated Fat: 0.0g  Unsaturated Fat: 0.0g  Trans Fat: 0g
Cholesterol: 0.0mg  Sodium: 167.3mg  Fiber: 0.5g

**Yield:** 24 servings – ¼ cup per serving
Mayo Clinic Exchange: 1/3 vegetable

**Ingredients**
6 cups finely shredded green cabbage
2 tsp. kosher salt
2 tsp. brown sugar
½ cup white vinegar
1 tsp. black pepper
½ tsp. caraway seed

**Preparation**
Toss cabbage with salt and sugar, let stand in colander for one hour. Rinse well with cold running water to remove excess salt and sugar. Drain well. Mix prepared cabbage with vinegar and spices, refrigerate for 2-3 hours. Serve on chicken brat.
Fit & Flavorful
Roasted Pepper
Recipe from Executive Chef Tim Cockram

Yield: Approx. 1 serving
MC Healthy Weight Pyramid serving: 1 vegetable

Ingredients

1 Bell pepper (red or yellow)
Pan spray (as needed)

Preparation

Spray bell peppers and place over open flame until charred black on outside. Place in non-plastic bowl. Cover with saran wrap and let sit for 5 to 10 minutes. Remove plastic wrap and spread on counter. Using your hands, peel the black charred skin from flesh of bell pepper and place on saran wrap. Place a small amount of water in bowl and use this to lightly rinse remaining char from pepper. Reserve pepper for use and discard liquid in bowl and pull saran wrap for easy clean up.
Fit & Flavorful
Roasted Red Pepper Coulis
Recipe from Executive Chef Nick Weimer

Calories: 21  Protein: 0.7g  Carbohydrates: 4.5g  Total Fat: 0.2g  Saturated Fat: 0.2g  Unsaturated Fat: 0.2g  Trans Fat: 0g  Cholesterol: 0.0mg  Sodium: 2.7mg  Fiber: 1.4g

Yield: 4 servings
Mayo Clinic Exchange: 1 vegetable

Ingredients
2 red bell peppers
Black pepper to taste
Zest of 1 lemon

Preparation
Place peppers in 400 degree oven on a roast 20-30 minutes or until dark brown to black. Remove and place in covered container 20 minutes to cool. Peel, seed and puree with black pepper and lemon zest.
Fit & Flavorful
Roasted Tomatillo Sauce
Recipe by Executive Chef Nick Weimer

Calories: 55    Protein: 1.7g    Carbohydrates: 9.5g    Total Fat: 1.5g
Saturated Fat: 0.2g    Unsaturated Fat: 1.3g    Trans Fat: 0g
Cholesterol: 0mg    Sodium: 5.6mg    Fiber: 2.4g

Yield: approx. 2 cups sauce (6 servings)
Mayo Clinic Pyramid Servings: 2 vegetable

**Ingredients**

1 lb. tomatillos, quartered and roasted  
1 small yellow onion, diced (1 cup)  
1 T. garlic, minced  
1 poblano pepper, quartered and roasted  
2 T. cilantro, minced  
1 T. cumin powder  
Juice of 1 lime  
1/2 tsp. canola oil

**Preparation**

In small saucepan, sauté onion until translucent. Place in blender or food processor along with tomatillos and poblano, blend or process to desired consistency. Add remaining ingredients and pulse to mix thoroughly.
Fit & Flavorful
Spicy Lentil Sauce
Recipe from Executive Chef Tim Cockram

Yield: Approx. 10 servings (1/2 cup)
MC Healthy Weight Pyramid serving: 1 protein, 1 fat

**Ingredients**
2 cups dry lentils
1 quart water
1 medium onion, chopped (1/2 cup)
1 medium carrot, chopped (1/2 cup)
¼ cup nonfat, plain Greek yogurt
2 tablespoons canola oil
1 teaspoon ground coriander
1 teaspoon ground ginger
¼ teaspoon cayenne pepper
2 teaspoons black pepper
1 tablespoon lime juice and zest
2 tablespoons chopped fresh cilantro

**Optional ingredients for maximum excitement**
½ teaspoon freshly grated nutmeg
½ tsp. ground allspice
1 quart lemon herbal tea (unsweetened)

**Preparation**
In a large saucepan, cover the lentils, carrot and onion with the water and bring to a boil. Simmer until the lentils are tender and almost all the liquid has evaporated, 35 minutes. In a food processor, puree the lentils and vegetables and yogurt. In the same saucepan, heat the oil. Add the coriander, ginger, and cayenne pepper. Cook over low heat, stirring a few times, until fragrant, about 3 minutes. Add the lentil puree and cook, stirring, for 5 minutes. Season with black pepper and stir in the lime juice and zest. Transfer to a serving bowl and sprinkle with cilantro.

*Optional ingredients – nutmeg and allspice can be added with other seasonings when heated in saucepan. Lemon herbal tea can be used to cook lentils and vegetables.*

**Technique:** By using tea instead of water, one can build deeper flavors.

**Taste:** A little spice goes a long way, natural spices enhance flavor and reduces dependency on salt.

**Try:** Add optional spices nutmeg and allspice for more of an African twist.

**Nutrition nugget:** Lentils are low in fat and high in fiber and protein making them healthy substitute for meat.
Fit & Flavorful
Tomatillo Salsa
Recipe from Executive Chef Mark Beland

Calories: 42  Protein: 1.2g  Carbohydrates: 7.5g  Total Fat: 1.3g
Saturated Fat: 0.2g  Unsaturated Fat: 1.1g  Trans Fat: 0g
Cholesterol: 0 mg  Sodium: 3.4mg  Fiber: 1.7g

Yield: 8 servings – ½ cup per serving
Mayo Clinic Exchange: 2 vegetables

Ingredients

2 cups Tomatillo, cut in half  1 tsp ground coriander
½ cup of any of the following chilies:  1 tsp black pepper
Chipotle, Pasilla, Guajilla, New Mexico, or Ancho
4 cloves garlic  1 tsp olive oil
1 cup red onion, diced  juice of 1 lemon
1/2 tsp ground cloves  2 tablespoons masa (corn flour)
1 tsp ground cumin  1 cup water

Preparation

Clean seeds out of chile peppers, toss all ingredients except water and masa in bowl and toss. Roast under broiler for 5-10 min, until browned. Place roasted items in blender with water and masa. Pulse to desired consistency.