

Chimichurri

6 servings

Chimichurri originated from Argentina and Uruguay and is a popular fresh herb sauce that is most often served with grilled meats, fish, roasted vegetables, or eggs.



- 1 cup of firmly packed fresh parsley, gently rubbed under cold running water, finely chopped
 - 3 garlic cloves, minced
 - 2 teaspoons dried oregano
 - 1/4 cup vegetable oil
 - 2 Tablespoons red wine vinegar*
 - 1/2 teaspoon pepper (optional)
 - 1/4 teaspoon red pepper flakes (optional)
1. Wash hands with soap and water.
 2. Finely chop parsley and garlic, or pulse it in a food processor or blender. Place in a medium-sized bowl.
 3. Stir in dried oregano, vegetable oil, and vinegar.
 4. Add pepper and red pepper flakes, if desired.
 5. Serve as a condiment with your favorite grilled or roasted vegetables, meats, or fish.
 6. Store leftovers in a sealed container in the refrigerator for up to four days.

Notes

*White wine vinegar or apple cider vinegar can be substituted.

Nutrition Information per Serving (1/6 of recipe): Calories 90, Total Fat 9g, Saturated Fat 1.5g, Cholesterol 0mg, Sodium 5mg, Total Carbohydrates 1g, Fiber 1g, Total Sugars 0g, includes 0g Added Sugars, Protein 0g, Vitamin D 0% Calcium 2%, Iron 6%, Potassium 2%.