

Spring Herb Sauce

This versatile and vibrant sauce is a great way to use up a bounty of tender herbs and add bold flavor to simply cooked fish, meat, or grain dishes.

YIELD	PREP TIME	TOTAL TIME
6 SERVINGS	15 MIN	15 MIN

INGREDIENTS

1 ½ cups	Parsley, fresh, finely chopped (about 1 bunch)
2 Tbsp	Chives, fresh, finely chopped
½ cup	Extra Virgin Olive Oil
½ each	Lemon, zested and juiced
1 clove	Garlic, finely minced
1 tsp	Dijon Mustard
¼ tsp	Crushed Red Pepper Flakes
¼ tsp	Kosher Salt
1/8 tsp	Black Pepper

CHEF'S NOTES

This recipe can be made with different herbs depending on what you have on hand or what's in season. Other herbs that would work great in this sauce include cilantro, basil, and dill.

Adding the zest of lemon along with the juice boosts the bright, tangy flavor in this sauce. Using a microplane or fine grater is the quickest way to remove the peel. Take care to only grate the yellow outer layer because the white pith underneath adds a bitter flavor.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a small bowl, combine all ingredients and whisk to combine.

Nutrition Facts

6 servings per container

Serving Size 2 Tbsp (29 g)

Amount per serving

Calories 90

% Daily Value *

Total Fat 9g 12%

Saturated Fat 1.5g 7%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 90mg 4%

Total Carbohydrate 1g 0%

Dietary Fiber less than 1g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein less than 1g 0%

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 0.97mg 5%

Potassium 91mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

