

Italian Salsa Verde

This recipe is a tangy, fresh, and bright herb sauce. It can be used as a topping for grilled vegetables, fish, or steaks.

YIELD 8 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 5 MIN
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INGREDIENTS

1 Tbsp	Capers, drained and minced
2 cloves	Garlic, minced
½ bunch	Parsley, fresh, finely chopped
3-4 sprigs	Mint, fresh, finely chopped
¼ tsp	Crushed Red Pepper Flakes
¼ tsp	Black Pepper, ground
¼ cup	Extra Virgin Olive Oil
½ each	Lemon, zested and juiced
¼ tsp	Kosher Salt

CHEF'S NOTES

Salsa Verde translates to “green sauce.” The herbs and acid in this sauce can easily elevate the flavor of a simple salad or roasted potatoes.

Try tossing with grains or rice to add a fresh flavor that rounds out your meal.

Salsa stored in the refrigerator will stay good for up to one week.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Place all ingredients in a food processor or blender and blend until desired texture. We recommend smooth, but with a little texture.
3. If the salsa is not blending well, scrape the inside of the blender as needed or add 1 tablespoon of water at a time.
4. Transfer to a container with a lid and place in the refrigerator until ready for use.

Nutrition Facts

5 servings per container

Serving size 1 Tbsp (28g)

Amount Per Serving

Calories 100

% Daily Value*

Total Fat 11g 14%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 150mg 7%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 0g 0%

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.7mg 4%

Potassium 50mg 2%

* 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.

