

Carrot Top Chimichurri



This recipe helps to use up an often-overlooked part of the vegetable and makes a zippy sauce that is great on just about anything!

YIELD 4 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 8 MIN
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INGREDIENTS

½ cup	Carrot Tops, leaves and stems, washed
½ cup	Cilantro leaves and stems, washed
2 Tbsp	Oregano, fresh (or 2 tsp dried)
1 clove	Garlic, peeled
1 each	Shallot, roughly chopped (optional)
1/3 cup	Extra Virgin Olive Oil
2 Tbsp	Red or White Wine Vinegar
¼ tsp	Red Pepper Flakes
¼ tsp	Black Pepper, freshly cracked
½ tsp	Kosher Salt

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Combine all ingredients in a food processor or blender, and blend until smooth.

CHEF'S NOTES

If you can't find carrots with the tops attached, you can use parsley, cilantro, spinach or any variety of greens you have on hand.

If you do not have a food processor or blender, chop the greens and garlic, and shallot until very finely minced and combine with the rest of the ingredients in a small mixing bowl.

Store in an airtight container in the refrigerator for up to 3 days or in the freezer for up to one month.

Nutrition Facts

8 servings per container

Serving Size 2 Tbsp (23 g)

Amount per serving

Calories 90

% Daily Value *

Total Fat 9g 12%

Saturated Fat 1.5g 7%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 125mg 5%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 0g 0%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.32mg 0%

Potassium 44mg 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.

