

# Chimichurri Sauce

This bright, vibrant herb sauce is versatile and is a great compliment to any grilled meat, seafood, or vegetables.

<b>YIELD</b> <b>16 SERVINGS</b>	<b>PREP TIME</b> <b>5 MIN</b>	<b>TOTAL TIME</b> <b>5 MIN</b>
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## INGREDIENTS

1 cup, packed	Italian Parsley, fresh (about ½ bunch)
1 cup, packed	Cilantro, fresh (about ½ bunch)
¾ cup	Extra Virgin Olive Oil
¼ cup	Sherry Vinegar
2 cloves	Garlic, peeled
½ tsp	Red Pepper Flakes
½ tsp	Cumin, ground
½ tsp	Kosher Salt
To taste	Black Pepper, ground

## CHEF'S NOTES

Try adding any fresh garden herb, spinach, kale, or arugula for added flavor and an easy way to use up greens on hand that might be starting to wilt.

This sauce makes for a great marinade to add extra flavor to vegetables and proteins and can easily be made in bigger batches and stored in the refrigerator or freezer to make a quick meal any time.

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a food processor or blender, combine all of the ingredients. Blend on medium until the sauce is smooth. Remove from blender and store in an airtight container.

# Nutrition Facts

16 servings per container

**Serving Size** 2 Tbsp (24 g)

**Amount per serving**

**Calories** 90

**% Daily Value \***

**Total Fat 11g** 14%

Saturated Fat 1.5g 8%

Trans Fat 0g

**Cholesterol 0mg** 0%

**Sodium 125mg** 5%

**Total Carbohydrate 3g** 0%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein 0g** 0%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.98mg 5%

Potassium 29mg 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.

Recipe adapted from *Health meets Food*, "Chimichurri Sauce" (5/11/20)



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