

# 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.*

<b>YIELD</b> <b>8 SERVINGS</b>	<b>PREP TIME</b> <b>5 MIN</b>	<b>TOTAL TIME</b> <b>5 MIN</b>
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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.

Recipe adapted from Health meets Food, "Italian Salsa Verde", (5/15/20)



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