

BEYOND HUNGER

Chimichurri Sauce

Chimichurri is a blend of flavors that compliments heavier meat dishes, like steak. While both the Irish and British claim this sauce as their own, it is truly famous in Argentinian dishes. The herbs, garlic, olive oil, and red pepper combine to make one truly magical and tangy sauce! Top your favorite steak dish with this healthful sauce.

Yields: 1 cup

Servings: 8

Ingredients:

- 1 c tightly packed **fresh parsley**, chopped
- 5 **garlic cloves**
- 2 Tbsp fresh **oregano leaves**
- ½ cup **extra virgin olive oil**
- ¼ cup **red wine vinegar**
- 1 tsp **kosher salt** (or less, if desired)
- ¼ tsp **red pepper flakes**

Instructions:

1. Place parsley, garlic, and oregano leaves in a food processor or blender and mix to combine until finely chopped. Scrape down the sides, as necessary, while combining.
2. Transfer the mixture to a medium-sized bowl. Whisk in olive oil, vinegar, kosher salt, and red pepper flakes. Whisk until thoroughly combined.
3. Mixture can be kept in a container with a tight-fitting lid for 2 days in the refrigerator.

Per Serving: Calories 127, Fat 14 g, Carbs 1 g, Protein 0 g

This recipe was adapted from seriouseats.com .