

# Chimichurri

6 servings



## Ingredients

- 1 cup of firmly packed fresh parsley, gently rubbed under cold running water, finely chopped
- 3 garlic cloves, minced
- 2 teaspoons dried oregano
- ¼ cup vegetable oil
- 2 Tablespoons red wine vinegar\*
- ½ teaspoon pepper (optional)
- ¼ teaspoon red pepper flakes (optional)

Nutrition Information: Serving Size (½ of recipe): Calories 90, Total Fat 9g, Saturated Fat 1.5g, Cholesterol 0mg, Sodium 5mg, Total Carbohydrates 1g, Fiber 1g, Total Sugars 0g, includes 0g Added Sugars, Calcium 2%, Iron 6%, Potassium 2%

## Instructions

1. Wash hands with soap and water.
2. Finely chop parsley and garlic, or pulse it in a food processor or blender. Place in a medium-sized bowl.
3. Stir in dried oregano, vegetable oil, and vinegar.
4. Add pepper and red pepper flakes, if desired.
5. Serve as a condiment with your favorite grilled or roasted vegetables, meats, or fish.
6. Store leftovers in a sealed container in the refrigerator for up to four days.

\*White wine vinegar or apple cider vinegar can be substituted.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food & Nutrition Education Program (EFNEP). This institution is an equal opportunity provider.

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