



RECIPE:

Chimichurri

Number of Servings: 6

Ingredients:

- 1 cup of firmly packed fresh parsley, finely chopped
- 3 garlic cloves, minced
- 2 teaspoons dried oregano
- 1/4 cup vegetable oil
- 2 Tablespoons red wine vinegar*
- 1/2 teaspoon pepper (optional)
- 1/4 teaspoon red pepper flake (optional)

Directions:

1. Wash hands with soap and water. Gentle rub the parsley under cold, running 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.

Nutrition Info:

Nutrition Facts	
6 servings per container	
Serving size	(26g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 1mg	6%
Potassium 68mg	2%

*The % Daily Value 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.