

Savory Chimichurri Sauce

Yield: 6 servings (makes about 1 ½ cup)

Source: Heather Sommer, Extension Master Food Volunteer

Prepare this savory sauce and refrigerate for one or more hours before serving to allow the flavors to meld and to absorb the heat from the red pepper flakes. Drizzle over your chicken, beef, fish, or roasted veggies. You can substitute any vinegar you have on hand.

INGREDIENTS

1/2 cup parsley, chopped
1/2 cup, spinach, chopped
3 garlic cloves, chopped
1 jalapeño deseeded and chopped
1/2 cup red wine vinegar
2 tablespoons lime juice
1/2 cup olive oil
1 teaspoon red pepper flakes
1/8 teaspoon salt
1/8 teaspoon pepper

DIRECTIONS

1. Purée parsley, spinach, garlic, and jalapeño in a food processor.
2. In a bowl, combine vinegar, lime juice, and olive oil.
3. With the processor on low, add liquids slowly and pureé until smooth.
4. Add red pepper flakes, salt and pepper and stir to combine.
5. Store in a sealed container and refrigerate for up to 3 days.

Nutrients Per Serving:

Calories | g Fat (4g Saturated) | g Carbohydrates | g Added Sugar | g Protein | mg Sodium | g Fiber