

Chimichurri Sauce

Yield: 16 servings

Ingredients

- ½ cup fresh Italian parsley
- ½ cup fresh cilantro
- ½ cup extra-virgin olive oil
- ¼ cup sherry vinegar
- 4 cloves garlic, peeled
- ½ teaspoon red pepper flakes
- ½ teaspoon ground cumin
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper

Instructions

Combine all ingredients in a food processor or blender, and blend until smooth.

Nutrition Information

Serving Size: 2 tablespoons

- Calories: 60
- Total Fat: 7 g
- Saturated Fat: 1 g
- Monounsaturated Fat: 5 g
- Sodium: 75 mg
- Total Carbohydrate: 1 g
- Dietary Fiber: 0 g
- Sugars: 0 g
- Protein: 0 g

Source: Health Meets Food



SPECTRUM HEALTH



Presented by
Culinary Medicine

X21936 FY18.11.189.X-21 © Spectrum Health 12.2019