

Chimichurri Sauce

Yield: 16 servings

Ingredients

½ Italian parsley, fresh
½ cilantro, fresh
½ olive oil
2 oz sherry vinegar
4 cloves garlic, peeled
½ teaspoon red pepper flakes
½ teaspoon cumin
½ teaspoon salt, kosher
ground black pepper to taste

Instructions

1. 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



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