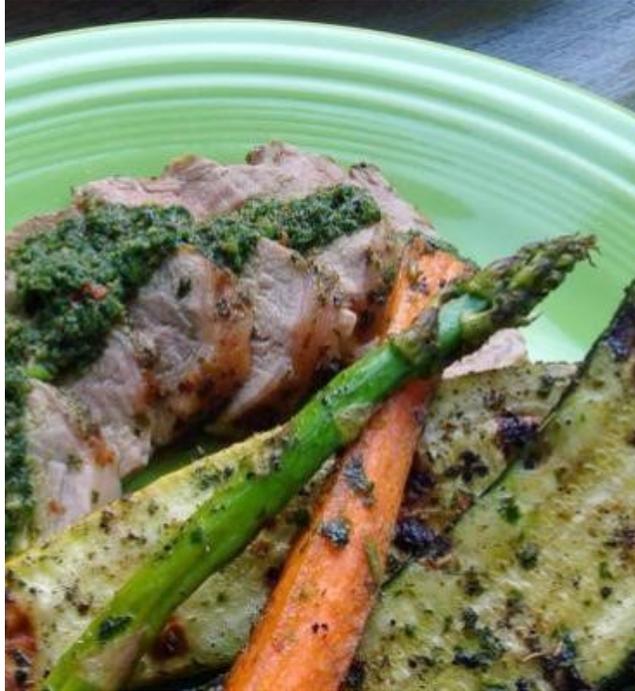


Chimichurri Sauce

Ingredients

- 1/2 red onion, roughly chopped
- 3-4 garlic cloves
- 1/4 cup red wine vinegar
- 1/4 cup fresh cilantro
- 1/2 cup flat-leaf parsley
- 2 tbs fresh or 2 tsp dried oregano
- 1/2 tsp chili flakes
- 3/4 cup extra virgin olive oil
- 1/2 tsp salt, or to taste



Yield: 2 cups

This Argentine sauce is traditionally served atop grilled steak or as a table condiment. Incredibly quick to prepare, this no-cook sauce brings brightness and a punch of garlic to balance rich meats or starchy vegetables. My favorite way to eat chimichurri is tossed with roast vegetables while they are still warm. Once vegetables are done, place them in a bowl with the freshly blended sauce and stir to coat.

Instructions:

Place all ingredients except the olive oil in a blender or food processor. Pulse until nearly smooth. Add olive oil and blend until just combined.

Chimichurri can be served immediately or refrigerated for up to 2 days.



Amber Phillips MS RD
Registered Dietitian

Recipe adapted from 2011 edition of Bon Appetit Magazine