

## Chimichurri Sauce



Recipe credit

National Heart, Lung and Blood Institute (NHLBI), Delicious Heart-Healthy Latino Recipes/Platillos latinos sabrosos y saludables

### **About this recipe**

Serves

12

Serving size

3 Tablespoons

### **Ingredients**

- 1 cup flat-leaf parsley (lightly packed and chopped without the stalks)
- 4 garlic cloves (minced)
- 1/8 teaspoon salt
- 1/4 teaspoon peppercorn (freshly ground)
- 1/2 teaspoon chili pepper flakes
- 1 tablespoon oregano (dried)
- 2 tablespoons green onion (minced)
- 1/2 cup olive oil
- 3/4 cup vinegar
- 3 tablespoons lemon juice (fresh)
- 1/4 cup water

## Directions

1. Place all the ingredients in a blender or food processor and pulse until well chopped, but not pureed.
2. Spoon the sauce over grilled meats, poultry, seafood, or vegetables. This sauce can also be used as a marinade.

## Nutritional info

Calories

88

Total fat

9 g

Saturated fat

1 g

Cholesterol

0 mg

Sodium

29 mg

Total carbohydrates

1 g

Dietary fiber

0 g

Total sugar

0 g

Allergens

Soy

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