



Chimichurri Sauce

¼ cup packed, finely chopped, fresh flat parsley leaves

4 garlic cloves – minced

¼ tsp. oregano

1 TBS minced white onion

½ green chili pepper – seeded, membrane removed, minced

¼ cup white vinegar

2.5 TBS water

¼ cup olive oil

½ tsp. Salt

½ tsp. Black Pepper

Place all of the ingredients except for the oil in a bowl. Slowly whisk in the oil. Add salt and pepper. Let sauce sit for at least 30 minutes so flavors will meld.

1/8 of Chimichurri- CALORIES 70.51; FAT 6.824 grs (sat 0.94; mono 4.93; poly 0.73); PROTEIN 0.31 grs ; FIBER 0.5 grs; CARBS 1.87 grs; CHOLESTEROL 0.00 mg; IRON 0.32 mg; SODIUM 174.82 mg; CALCIUM 9.58 mg