



# Chimichurri Sauce



## Ingredients

Adapted from *SeriousEats.com*

- 1 cup packed fresh parsley, washed and dried
- 5 medium cloves garlic, peeled
- 2 tablespoons fresh oregano leaves
- 1/2 cup extra virgin olive oil
- 1/4 cup red wine vinegar
- 1 teaspoon (4g) Diamond Crystal kosher salt; for table salt, use about half as much by volume or the same weight
- 1/4 teaspoon red pepper flakes



## Directions

**Yield:** 8 servings    **Serving size:** 1 cup

1. Place parsley, garlic, and oregano in the workbowl of a food processor. Pulse until finely chopped, stopping to scrape down the sides of the bowl as necessary.
2. Transfer to a medium bowl and whisk in oil, vinegar, salt, and red pepper flakes. Use immediately or store in the refrigerator for up to 2 days.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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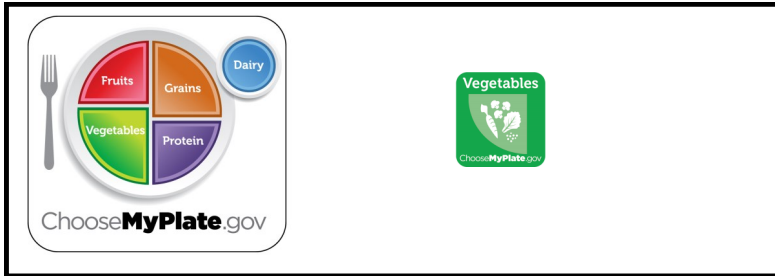
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Stir leftover chimichurri into hot rice for an herbed rice side dish, or for a snack.
- Sauce is also great on grilled veggies.

Nutrition Facts	
Servings: 8	
Amount per serving	
Calories	127
% Daily Value*	
<b>Total Fat</b> 14g	17%
Saturated Fat 2g	9%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 199mg	9%
<b>Total Carbohydrate</b> 1g	0%
Dietary Fiber 0g	1%
Total Sugars 0g	
<b>Protein</b> 0g	
Vitamin C 12mg	58%
Calcium 17mg	1%
Iron 1mg	4%
Potassium 57mg	1%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

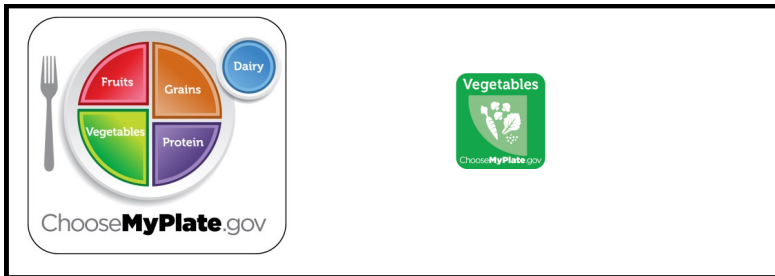
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