



# Fresh Herb Chimichurri

Prep: 10 minutes | Chill: 20 minutes | Total: 30 minutes

Yield: 6 servings | Serving Size: 2 tablespoons

## Ingredients

- 2 garlic cloves, peeled and left whole
- 1 cup packed fresh parsley leaves
- 1 tablespoon packed fresh oregano leaves
- 3 tablespoons red wine vinegar
- ¼ teaspoon salt
- Pinch crushed red pepper flakes (optional)
- Pinch ground black pepper
- ¼ cup olive oil

## Directions

1. Put the garlic cloves in a food processor and pulse or blend until fully minced, about 30 seconds.
2. Add the parsley and oregano and pulse until fully chopped, about 30-60 seconds, scraping down the sides as needed.
3. Add the vinegar, salt, crushed red pepper (if using), and black pepper. Pulse to combine, about 30 seconds.
4. Transfer the mixture to a serving bowl or storage container.
5. Pour the oil over the top and gently stir to combine. Set aside for 15-20 minutes to allow the flavors to meld.
6. Serve at room temperature, or place in the refrigerator until needed.

## Recipe Notes

- Serve with grilled meat, seafood, poultry, vegetables, roasted potatoes, or rice.
- Will keep in the refrigerator for up to 7 days. Any leftovers can be frozen in ice cube trays, then popped out and placed in a plastic zip-top bag in the freezer for up to 3 months.

**Nutrition Facts Per Serving: Calories: 90 | Total Fat: 8.5 g | Saturated Fat: 2.5 g  
Sodium: 100 mg | Total Carbohydrate: 1 g | Dietary Fiber: 0.5 g | Protein: 0 g**

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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