



Chimichurri Marinade

(protein: any) (use a blender or food processor)

- 4 garlic cloves
- 2 green onions, coarsely chopped
- ¼ cup packed fresh cilantro leaves
- ¼ cup packed fresh Italian parsley leaves
- ¼ cup white wine vinegar
- 1 teaspoon oregano leaves
- ¾ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon ground red pepper
- ¾ cup extra virgin olive oil

To prepare marinade, combine all ingredients except the oil in a bowl, then slowly drizzle in the oil while whisking to emulsify the marinade.

Approximate nutritional values per 1 tablespoon:

*93 Calories, 11g Fat (2g Saturated), 0mg Cholesterol,
91mg Sodium, 1g Carbohydrates, 0g Fiber, 0g Protein*