

# Chimichurri



Michigan Restaurant & Lodging Association  
EDUCATIONAL FOUNDATION

**MRLAEF**

## Ingredients

1 shallot, peeled and roughly chopped  
3 cloves garlic, peeled and roughly chopped  
2 tsp crushed red pepper (or 1 or 2 peppers of your choice)  
1 tsp kosher salt  
½ cup fresh cilantro leaves  
¼ cup fresh parsley leaves  
2 tbsp oregano leaves  
½ cup extra virgin olive oil  
½ cup apple cider vinegar

This recipe works best in the food processor. Start with the shallot and garlic, pepper and the salt and give them a quick pulse or two. Add the greens and give it a couple pulses than add the vinegar and oil.

If you are using this as a marinade on chicken, fish, or beef, go ahead and pulse it into a liquid.

If you are serving as a topping or an accompaniment keep it a bit rustic

This also makes a fabulous dip or toss into pasta.

<b>Nutritional Information</b>	<b>Servings 10</b>
<b>Calories per serving</b>	<b>96</b>
<b>Total Fat</b>	<b>10.2 g</b>
Saturated Fat	1.5g
<b>Cholesterol</b>	<b>0mg</b>
<b>Sodium</b>	<b>235mg</b>
<b>Total Carbohydrates</b>	<b>1.5g</b>
Dietary Fiber	0.6g
<b>Protein</b>	<b>0.3g</b>