

# Parsley Sauce- Rof



Michigan Restaurant & Lodging Association  
EDUCATIONAL FOUNDATION

# MRLAEF

## Ingredients

½ small onion chopped  
2 cups washed, chopped  
parsley  
2 cloves garlic, roughly  
chopped  
½ tsp black pepper  
½ tsp red pepper flakes  
½ tsp salt

Chilies- washed and seeded.  
Your preference for spicy heat.

## Directions

Place it all in a food processor and  
blend. Or mortar and pestle

This is fabulous on fish or seafood, also  
great for stuffing in fish.

Toss with hot pasta, noodles, or rice.

Mix with yogurt or sour cream for dip.

Mix with a bit of olive oil and citrus juice  
for a salad dressing.

Also great with eggs or on bread

## Nutritional Information

Calories per serving

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrates

Dietary Fiber

Protein

## Servings 4

18

0.3 g

0.1g

0

308mg

3.5g

1.3g

1.2g