

# Argentinean Chimichurri Sauce

**Makes:** 12 servings

## Ingredients

- 1 cup** flat-leaf parsley (lightly packed and chopped without the stalks)
- 4** garlic clove (minced)
- 1/8 teaspoon** salt
- 1/4 teaspoon** peppercorn (freshly ground)
- 1/2 teaspoon** chili pepper flakes
- 1 tablespoon** oregano (dried)
- 2 tablespoons** green onion (minced)
- 1/2 cup** olive oil
- 3/4 cup** vinegar
- 3 tablespoons** lemon juice (fresh)
- 1/4 cup** water

## Directions

1. Place all the ingredients in a blender or food processor and pulse until well chopped, but not pureed. Place in a glass container.
2. Spoon the sauce over grilled meats, poultry, seafood, or vegetables. This sauce can also be used as a marinade.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>90</b>	
Total Fat	9 g	14%
Protein	0 g	
Carbohydrates	1 g	0%
Dietary Fiber	0 g	0%
Saturated Fat	1.5 g	8%
Sodium	30 mg	1%