



Chimichurri Sauce

Makes ~1 cup in 15 minutes

This Argentinian “green sauce” is filled with flavor and key phytonutrients that support our health. It’s traditionally served with grilled meat, but is equally good over veggies, beans and rice, eggs, fish, chicken, pork or beef. Apigenin is the powerful phytonutrient in parsley and cilantro that reduces oxidative damage, supports a balanced immune response and fights cancer. These herbs are packed with chlorophyll, vitamins A, C, magnesium, lutein and fiber. Cilantro has a similar nutrient profile, but also appears to bind heavy metals in animal studies.

*Note: If you’re one of the ~10% of the population who has the gene that makes cilantro taste like soap, then feel free to omit it and substitute other herbs like basil or marjoram.

- 3 tablespoons red wine vinegar
- 3 cloves garlic, minced
- ¼ cup shallots, minced
- 1 teaspoon red Fresno chili, minced (or ¼ teaspoon red chili flakes)
- 1 teaspoon kosher salt
- 2 cups flat-leaf Italian parsley leaves, chopped
- 2 cups cilantro (leaves only) chopped*
- 2 tablespoons oregano (leaves only) chopped
- ½ cup avocado oil ¼ cup olive oil

Gather and prep all ingredients. Mix the wine with the shallots, garlic, chili and salt and let sit for 5-10 minutes. Pulse the herbs and vinegar mixture in a food processor or blender for 15 seconds, while drizzling in the oil. Adjust the seasonings then refrigerate immediately. Enjoy the rest over the coming week.