



Oncology Nutrition Institute
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New England Chimichurri



Ingredients

- 1 bunch fresh organic flat leaf (Italian) parsley, stem ends removed
- 4 cloves garlic, peeled and pressed
- 1 cup organic cold pressed extra virgin olive oil (high quality)
- ¼ cup organic red wine vinegar or ume plum vinegar
- 3 tbsp hot pepper oil or red pepper flakes
- 2 Tbsp dried oregano
- Sea salt and pepper to taste

Method

Traditionally, the dry ingredients in this recipe are first finely chopped and then mixed together with the wet ingredients by hand. For those shorter on time, add everything into a food processor and blend for two minutes minimum, until creamy. If time allows, let the chimichurri rest for at least twenty minutes so the allicin in the garlic can activate, while the herbs and red pepper flakes diffuse into the oil, increasing flavor. One serving is a heaping dollop. It is most often used to top meat and poultry dishes and can be stored in an airtight container in the refrigerator for up to five days.

Macronutrients

Recipe makes approximately 6 servings. **Calories per serving:** 344. **Fat:** 37 grams.
Carbohydrate: 5 grams. **Fiber:** 1.6 grams. **Protein:** 1.3 grams.