

Chimichurri Herb Sauce

Culinary Medicine, Nutrition Services

Yield: 1.5 cups

Equipment: food processor, spatula

Ingredients

1 cup fresh green herbs (whatever you have! E.g. cilantro, parsley, oregano)

1 leek (greens only)

1 Fresno chili, red jalapeno, or small bell pepper

½ cup lime juice

1 teaspoon salt

1 tablespoon dried oregano (unless you have fresh!)

1/2-1 cup extra virgin olive oil

Instructions

1. In a food processor, add solid ingredients and pulse.
2. Turn the processor on and slowly drizzle in olive oil until it is as loose as you like.
3. Taste and season with salt, pepper, lemon.
4. Use immediately or freeze.



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Why We Like This Recipe

The pepper in this recipe makes this pesto-like sauce unique and exciting. Use a sweet or a hot pepper!

Chef's Notes:

- This sauce is all about the balance between fresh herbs, acidic citrus, and a touch of heat. Use it as a marinade, a condiment, or sauce on your meats and vegetables.

Nutrition Notes:

- Fresh herbs like oregano are packed with anti-inflammatory anti-oxidants, and the olive oil consists of heart-healthy monounsaturated fats.

Gardener's Notes:

- Oregano is one of the hardiest perennial herbs that thrives in northern climates and usually survives our winters. It gets its name from the Greek words oros (mountain) and ganos (joy), meaning "mountain joy."



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