

Your Healthy Kitchen



 YAVAPAI REGIONAL
MEDICAL CENTER
Proudly Caring for Western Yavapai County

Minted Chimichurri

Makes about 1 cup

- $\frac{3}{4}$ cup tightly packed fresh mint
- $\frac{3}{4}$ cup tightly packed flat-leaf parsley
- $\frac{1}{3}$ cup fresh oregano, or 2 tablespoons dried
- 4 cloves garlic, minced
- $\frac{1}{2}$ teaspoon red pepper flakes
- $\frac{1}{2}$ teaspoon sea salt
- 2 teaspoons lemon zest
- $\frac{1}{3}$ cup freshly squeezed lemon juice
- $\frac{2}{3}$ cup extra-virgin olive oil

Directions

Add all the ingredients to a blender or food processor and process until all the ingredients are well combined.

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**For more healthy recipes,
please visit *Your Healthy Kitchen*
via www.yrmhealthconnect.org**

NUTRITION INFORMATION PER TABLESPOON:

Calories	88
Total Fat	9 g
Saturated Fat	1 g
Carbohydrate	1.3 g
Fiber	< 1 g
Sodium	52 mg

Cost per serving: \$.30