

Chimichurri Sauce



INGREDIENTS

1 ½ cups parsley finely chopped
(flat or curly leaf)

4 tablespoons olive oil

1 medium shallot (chopped)

3 cloves garlic (minced)

3 tablespoons lemon juice

¼ teaspoon crushed red pepper
flakes

1 pinch salt & pepper

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1 medium sized avocado (cubed)

DIRECTIONS

1. Fold together first 7 ingredients. May serve immediately or let sit for enhanced flavor.
2. Gently fold in 1 medium sized cubed avocado.
3. This sauce is great on steamed vegetables, fish, steak, salad, and even crackers.