



Creamy Chimichurri

A Spicy Argentinian Dip with Cilantro and Parsley

Ingredients:

- 2 cups flat leaf (Italian) parsley, chopped, loosely packed
- 2 cups cilantro, chopped, loosely packed
- 3 Tbsp capers, drained
- 2-3 Tbsp red onion, finely diced
- 4 medium garlic cloves
- 1/2 tsp fresh oregano (or 1/8 tsp dried)
- 5 Tbsp red wine vinegar
- 3 Tbsp lemon juice (or lime)
- 1 tsp salt
- 1/8 to 1/4 tsp red pepper flakes, to taste
- 1/4 tsp black pepper
- 2 Tbsp 'robust' olive oil (see notes)
- 8 second spray, olive oil cooking spray
- 1-1/4 cups plain fat free Greek yogurt
- 1/4 cup water (or more) to thin the dip

Directions:

1. Place all of the ingredients, except for the Greek yogurt, into a food processor. Spray the olive oil cooking spray the processor as well.
2. Pulse the mixture until ingredients are roughly chopped
3. Add the Greek yogurt, then process again till yogurt is well distributed amongst the ingredients. Don't overly process it, you don't want a puree. A little texture is good.

Servings:

Yield: 2-1/4 cups

Servings: 9

Serving Size: 1/4 cup



Range

1-2

- last checked 11/26/21 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Chimichurri is one of those sauces that once you have it, you'll never forget it. Think of it like an Italian Pesto. A Pesto that left its family and ran away to South America to join a violent street gang. Where Pesto is loaded with tons of fresh basil and parmesan, chimichurri is loaded with cilantro, parsley, lemon juice, vinegar and a good amount of heat from red pepper flakes. I'm making it a low point dip by stretching out the servings with the addition of Greek yogurt. This makes it have more volume, a creamier taste, drastically reduces the amount of oil in it, and helps curb some of the red pepper kick. Enjoy, Gringos!

NOTES:

- I'd recommend starting with 1/8 tsp of red pepper flakes, then adding more if you'd like more kick.
- Because my recipe uses such a small amount of olive oil, I'd suggest buying regular olive oil, that says 'robust,' 'extra flavorful,' or an equivalent phrase denoting a strong flavor.
- Chimichurri Sauce/Dip is AWESOME on grilled meats and vegetables. It enhances the flavor of most any savory dish that you put it on and adds a bright, citrusy, herby, tangy punch.
- Remember, this is Pesto's tough cousin who went to live abroad. Treat it accordingly. Avoid eye contact.

