Creamy Chimichurri

A Spicy Argentinian Dip with Cilantro and Parsley

Ingredients:

- 2 cups fresh parsley, chopped, packed
- 2 cups fresh cilantro, chopped, packed
- 3 Tbsp capers, drained
- 4 medium cloves garlic
- 4 Tbsp red wine vinegar
- 2 Tbsp lemon juice
- 1-1/2 tsp salt
- 1/4 to 1/2 tsp red pepper flakes, to taste
- 1/4 tsp black pepper
- 2-1/2 Tbsp 'robust' olive oil (see notes)
- 8 second spray, olive oil cooking spray
- 1-1/4 cups plain fat free Greek yogurt
- additional water, if desired, for a thinner dip

Servings:

Yield: 2 cups
Servings: 8
Serving Size: 1/4 cup

Points:

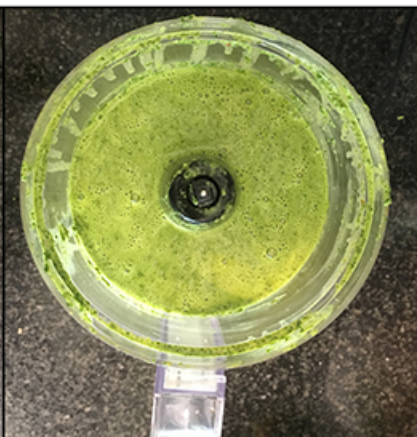
	G	B	P
1 serving =	2	1	1
2 servings =	3	2	2
3 servings =	5	4	4
4 servings =	6	5	5

- points last checked 4/6/21 -

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!

Directions:

1. Place the chopped, packed, parsley, and cilantro, as well as the capers, garlic, red wine vinegar, lemon juice, salt, pepper, and red pepper flakes into a food processor. Spray the olive oil cooking spray into the ingredients.
2. Process the mixture on high, until broken down.
3. Add the Greek yogurt and olive oil, then process again.
4. Add more water to achieve your desired consistency, if the dip is too thick. If it's too thin, add a little more yogurt, then add more salt and pepper if needed.

NOTES:

- I'd recommend starting with 1/4 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.