



Makes 1½ cups
Cook Time: 10 minutes

INGREDIENTS:

2½ packed cups fresh curly or flat-leaf parsley leaves and stems

1½ packed cups fresh cilantro leaves and stems

2 tablespoon white wine vinegar

1½ teaspoons fresh lemon juice

4 medium garlic cloves

1 jalapeño pepper, seeded (optional)

1 teaspoon dried oregano

¼ teaspoon red pepper flakes (optional)

Sea salt to taste

Chimichurri

The following recipe is a sneak peek from our new cookbook, *Forks Over Knives: Flavor!* Find more exclusive recipes from the recently released book [here](#).

Chimichurri is an Argentinian condiment made by blending fresh herbs and other seasonings—no cooking involved. It's traditionally served as a dipping sauce for empanadas. I sometimes add kale to this recipe, which adds another nice layer of flavor in addition to bulking it up with green vegetables. If you want to try it that way, add two leaves of kale, stems removed and discarded, to this recipe. Use as a dipping sauce with empanadas, tortilla chips, or bread, or spoon into grain bowls, soups, and salads.

By Darshana Thacker Wendel

- 1 Combine all the ingredients in a food processor.
- 2 Add ½ cup water and pulse until the herbs are finely chopped, adding more water as necessary to make a loose, spoonable sauce.