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# Chimichurri

**Prep Time:** 10 Min

**Ready In:** 10 Min

**Servings:** 3 cups, approximately

## Ingredients:

- 2 cups parsley
- 6 cloves garlic, peeled
- 2 shallot, peeled
- 1/3 cup oregano
- 1 1/2 teaspoon red pepper flakes
- 1 cup cilantro
- 1/4 cup water
- 1/4 cup canola oil
- 1 cup low-fat mayonnaise
- 1/2 cup red wine vinegar
- Salt to taste



## Directions:

- Mix all ingredients together in a blender or food processor to form a creamy mayo texture. Use to top [Beet Sliders](#) or other sandwiches, grilled vegetables or grilled or roasted meats.
- Store chimichurri in the refrigerator.

*Recipe adapted from Franci Cohen, [personal trainer](#), certified [nutritionist](#) and exercise physiologist.*