

Chimichurri Sauce

Yield about 1 1/4 cups

1/2 cup olive oil

1/4 cup red wine vinegar

1/2 cup finely minced onions

2 teaspoons finely minced garlic

1/3 cup finely minced parsley

2 teaspoons dried oregano

1/4 teaspoon cayenne pepper

1 1/2 teaspoons salt

1 teaspoon freshly ground black pepper

Instructions: Put all ingredients in a bowl and whisk until combined. Let stand at room temperature for about an hour to allow the flavors to develop. Serve as accompaniment to grilled flank steak.

Per tablespoon: 50 calories, 0 protein, 1 g carbohydrate, 5 g fat (1 g saturated), 0 cholesterol, 175 mg sodium, 0 fiber.