

Chimichurri

Prep time: 10 mins • Tiempo de preparación: 10 mins

Yield: 1 cup • Rendimiento: 1 taza

Chimichurri—a bright green tangy sauce with origins in Argentina—is the perfect way to add flavor and freshness to grilled vegetables... and turns into a vibrant marinade for mushrooms or meat!

Chimichurri—una salsa de color verde brillante que origina en Argentina—es la manera perfecta de agregarle sabor y frescura a los vegetales a la parrilla... ¡Y también es una rica opción para marinar tus champiñones o carne!



½ C. olive oil

½ C. finely chopped flat leaf parsley

1 T dried or fresh oregano, chopped

1 garlic clove, finely chopped

½ t red pepper flakes (optional)

¼ C. lemon juice or white vinegar

Salt & pepper to taste

In a small mixing bowl, whisk together the olive oil with herbs, garlic, red pepper flakes (if using) and lemon juice or vinegar. Adjust seasoning to taste. Let the flavors marry for about 30 minutes before serving alongside grilled vegetables or meats.

½ taza de aceite de oliva

½ taza de perejil de hoja plana, muy finamente picado

1 cucharada de orégano seco o fresco, ligeramente triturado

1 diente de ajo, finamente picado

½ cucharadita de hojuelas de pimienta roja (opcional)

¼ taza de jugo de limón o vinagre blanco

sal y pimienta al gusto

Mezcle el aceite de oliva con las hierbas, el ajo, las hojuelas de pimienta roja (si se usa) y el jugo de limón o el vinagre. Agregar sal y pimienta al gusto. Deje que los sabores se combinen durante unos 30 minutos antes de servir junto con los vegetales o la carne a la parrilla.

On Roasting

Roasting vegetables helps caramelize them which brings out deep, sweet flavor and a golden-brown color. While roasting vegetables takes longer, the extra time is worth it!

Instructions:

1. Preheat oven to 400°f.
2. Cut the vegetables into bite-size pieces, and toss in olive oil, salt, & pepper.
3. Line a baking sheet with foil; lay your vegetables out in a single layer (no crowding).
4. Roast vegetables until tender, stirring occasionally & testing as you go.
5. Toss warm roasted veg into pasta, rice, or just eat them on their own!



Roasting Times



Asparagus

Roast for 10-15 min

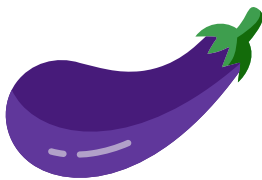
High in Vitamin K & good for bone health



Summer Squash

Roast for 10-12 min

Rich in Vitamin A & great for digestion



Eggplant

Roast for 30-35 min

Full of potassium and fiber



Carrots

Roast for 40-45 min

Lots of fiber, good for eye health



Broccoli

Roast for 20-25 min

A great boost for your immune system

Arroz Verde

Prep time: 10 mins • Serves: 4



This bright, fresh sauce is perfect for an aromatic rice, and brilliant when tossed with roasted vegetables. Make a double batch and toss the leftover sauce with pasta for lunch tomorrow!

Ingredients:

- 2 cups basil
- 1 cup parsley
- ½ cup olive oil
- 1 garlic clove, peeled & crushed
- Salt & pepper to taste
- 2 cups cooked rice
- 2 cups roasted vegetables



Instructions:

Add all ingredients except rice & vegetables to a blender, and blend until smooth, or finely chop the herbs and garlic with a knife, then mix them in with the oil, salt, and pepper. Toss your rice & roasted vegetables with the sauce, making sure that they aren't too hot or else your sauce will lose its vibrant green color.

Note: cilantro or mint are great addition to this sauce too – it's very adaptable.

Enjoy!
Buen Provecho