

Avocado Chimichurri

Serves 4-6



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 1 cup avocado, cubed
- 1 cup fresh parsley, minced
- ¼ cup extra virgin olive oil
- 3 tablespoons lemon juice
- 1 tablespoon garlic, minced
- ½ teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon red pepper flake

Directions

1. In a medium bowl, combine avocado, parsley, olive oil, lemon juice, garlic, salt, pepper, and red pepper.
2. Serve with grilled veggies or meat, or use as a marinade.

Notes

This sauce can also be prepared by pureeing in a food processor or blender for a finer texture and thinner consistency.

Try this as a topping for the [Portabella Steak recipe](#).

Recipe from [7-Minute Veggies cooking class, Fall 2017](#)