



CHIMICHURRI SAUCE WITH MORINGA

MAKES: 1 cup

PREP TIME: 20 MINUTES

- 1 cup Italian flat leaf parsley
- 6 cloves garlic, peeled & minced
- ¼ cup yellow onion, minced
- 1 tsp Kosher salt
- ½ tsp black pepper
- 1 Tbsp red wine vinegar
- 1-2 Tbsp fresh lemon juice
- ¼ tsp red pepper flakes
- 3 Tbsp fresh oregano leaves
- 1 tsp moringa powder
- 2/3 cup olive oil

Recipe created by:

Gail Feenstra, adapted from recipes by
Georgianne Brennan and Ann Evans for Yolo
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1. Put all the ingredients EXCEPT the olive oil in a food processor or blender.
2. Blend, scraping down the sides as needed, until chopped but not completely smooth.
3. Add olive oil to the food processor and continue blending until oil is incorporated. Retain some texture; DO NOT blend until completely smooth.
4. Add additional red pepper, salt or red wine to taste.
5. Serve as a sauce or marinade.

To find more delicious ways to use moringa, visit <http://ucanr.edu/moringa>