

Nourish Program's Creamy Orange Chimichurri

Yield: about 4 servings

Serving size: about ¼ cup

Amount:

2 each

2 each

¼ bunch

¼ bunch

2 Tbsp

1 Tbsp

1 Tbsp

¼ tsp

¼ tsp

¼ tsp

Ingredient:

Mandarin orange, small, peel removed*

Garlic cloves, peeled

Cilantro, fresh (~½ cup chopped)

Parsley, fresh (~½ cup chopped)

Greek yogurt, plain

Canola oil

Apple cider vinegar

Red pepper flakes

Cinnamon

Kosher salt

Method:

1. Combine all ingredients into a blender or food processor
2. Blend until smooth
3. Store in an airtight container in the refrigerator for up to 1 week

Helpful Tips:

- Substitute about ½ cup canned mandarin oranges, drain juice and only use oranges
- Add additional oranges to thin dressing
- Substitute regular plain yogurt or low-fat mayonnaise for Greek yogurt

Equipment Needs:

- Blender or food processor
- Measuring cup
- Mason jar or similar container
- Measuring spoons
- Rubber spatula
- Cutting board
- Chef knife
- Nonslip padding