



## Recipes

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### Healthy Chimichurri

Serves 1

#### Ingredients:

- 1 Tbsp. Fresh Cilantro , minced
- 1 Tbsp. Fresh Parsley , minced
- 1/4 tsp. Red Wine Vinegar
- 1/16 tsp. Fresh Cracked Black Pepper
- 1/2 tsp. Fresh Lime Juice
- 1/4 tsp. Red Chile Pepper Flakes

#### Directions:

1. Combine all ingredients.
2. Reserve.