

Green Parsley Sauce

Great on pasta, roasted veggies, grilled chicken, fish, and fried or steamed tofu!

1/2 cup olive oil

1.5 cup fresh parsley leaves, packed

3-4 garlic cloves

Juice of 2 large lemons

2 tablespoons capers, rinsed and drained

1/4 cup chopped scallions or onions

1/4 teaspoon salt

ground black pepper to taste

Combine the oil, parsley, garlic, lemon juice, capers, scallions or onions, and salt in a blender or food processor and whiz until smooth. Add black pepper to taste. Tightly covered and refrigerated, Salsa Verde will keep for about 5 days.

Variation: Add 1 or 2 tablespoons of fresh chopped basil, tarragon, or dill. Or try 1/2 teaspoon of rosemary or sage, or a teaspoon of Dijon mustard.

Source: Anonymous ORG'S Member