

## **South American Grill**

Serving Size: one twelfth of recipe

Serves: 12

### **Ingredients**

Chimichurri sauce

½ cup olive oil

½ cup red wine vinegar

½ cup fresh basil leaves

½ cup fresh parsley leaves

2 cloves garlic

2 tablespoons crushed red pepper flakes

pinch of salt

black pepper to taste

1 pound flank steak

6 boneless skinless chicken breasts

6 center cut pork chops

### **Directions**

1. Combine the chimichurri sauce ingredients in a food processor or blender and pulse just to a coarse consistency. Transfer to a medium mixing bowl.
2. Brush the meat on both sides with the sauce.
3. Grill just until tender taking care not to over cook. Grill the chicken until done inside.
4. Reserve warm and slice into strips before serving.

### **Exchanges per serving:**

5 Lean Meats

### **Nutrients per serving:**

Calories: 316

Calories from fat: 135

Total Fat: 15g

Cholesterol: 118mg

Sodium: 124mg

Total Carbohydrate: 1g

Dietary Fiber: 0g

Protein: 41g