South American Chimichurri Sauce
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