



Nourish Recipe

## Swiss Chard Chimichurri

Servings: 8

### Ingredients

2 bunches Swiss Chard or ramps, rough chopped

1 bunch parsley

1 bunch cilantro

½ cup red wine vinegar

¼ cup extra virgin olive oil

½ tsp red pepper flakes

Salt and pepper, to taste

### Nutrition Facts

Serving size 1 Tablespoon  
Servings 8

Amount Per Serving

**Calories** **68**

% Daily Value

**Total Fat** 6.5g **8%**

Saturated Fat 0.9g **5%**

**Cholesterol** 0mg **0%**

**Sodium** 61mg **3%**

**Total Carbohydrate** 2.1g **1%**

**Dietary Fiber** 0.9g **3%**

**Sugars** 0.5g

**Protein** 0.9g

Vitamin D 0mcg **0%**

Calcium 34mg **3%**

Iron 1mg **8%**

Potassium 187mg **4%**



### What you'll need



measuring spoons



measuring cups



blender

### Instructions

1. Place all ingredients in blender and blend until smooth.
2. Pour into a jar or container with a lid and store in the refrigerator for up to 7 days.
3. Serve on top of grain bowls, your favorite meat or use as a marinade or dipping sauce.



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