

Servings: 6 Yield: 1 cup

1 bunch cilantro, chopped 1/2 bunch parsley, chopped 2 cloves garlic, smashed juice of one lime 1 jalapeno pepper, diced 1/4 cup olive oil 1 tablespoon white wine vinegar salt (to taste) Place all of the ingredients in a food processor or blender.

Process until the desired texture is reached.

The sauce can be refrigerated up to five days.

Per Serving (excluding unknown items): 85 Calories; 9g Fat (93.6% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 Fat; 0 Other Carbohydrates.