

10 Days of Healthier

LEMON PARSLEY SAUCE

2-3 large garlic cloves, minced
1 teaspoon (or more) salt
1/2 teaspoon (or more) black pepper
1/2 teaspoon dried crushed red pepper
2 lemons, zested, only the yellow
2 lemons juiced
3/4 cup extra-virgin olive oil
3/4 cup (packed) chopped Italian parsley

Mix all ingredients in small bowl or pulse in a food processor. Taste and season with more salt and pepper, if desired. **DO AHEAD** Can be made 6 hours ahead. Cover; chill. Bring to room temperature and re-whisk before using. You can also mix this in a blender, it would be creamy and not chunky.

USES:

Pour sauce over chicken, over fish, over red meat. Take a bath in it!! Just joking, its delicious and healthy, use it on a piece of toast with eggs.

Crostini - Slice your baguette into roughly 1/2 inch pieces or less. Coat with olive oil, salt and pepper. Bake until crisp in a 375 degree oven for 10+ minutes.

Add pieces of grilled or roasted vegetables to a crostini and top with sauce

It is best served fresh, its fine the next day, but not quite as vibrant.

Summer Alternative:

Arugula
Tomato
Fresh Mozzarella

Slice and layer the tomatoes over a bed of arugula and layer with fresh mozzarella. Top with the sauce.