



Salsa Verde

By Victoria Amory

This fragrant sauce makes a perfect marinade for lamb chops, skirt steak, chicken breasts, hearty fish and even shrimp and lobster. Try it with pasta instead of pesto or as the dressing for boiled red and white potatoes. I like to use a combination of parsley, basil and tons of mint - but in a pinch I have used spinach instead of parsley to give this sauce extra body. In any case, you will be impressed with its bright green color, aroma, and taste.

1 1/2 cups

Prep Time: 15 minutes

Cook Time: 5 minutes, plus 1 hour to marinate

Storage: Refrigerate for up to 2 days

Type of Dish: Sauces & Condiments

Ingredients

- 1 cup fresh mint leaves
- 1 cup parsley
- 1 cup basil leaves
- 1/2 cup extra virgin olive oil
- 1/4 cup apple cider vinegar
- 2 tablespoons ginger, minced
- 2 tablespoons honey
- 1/4 teaspoon salt

Instructions

In a blender or food processor, combine all the ingredients and puree until smooth. Taste and add more salt if necessary.

To use: marinate meats for up to one hour, fish for under half an hour. It will keep in the refrigerator, covered, for up to 2 days.