

# Purslane Chimichurri

---

Purslane adds a lemon-fresh zip to a traditional chimichurri recipe. This “weed” contains one of the highest amounts of omega-3 fatty acids among land-dwelling plants. Use as a topping on meats, bean dishes, or eggs, or as a vegetable dip. Also freezes well.

## SUPPLIES

Blender or food processor  
Spatula  
Cutting board

Covered bowls for storage  
Chopping knife  
Measuring cups and spoons

## INGREDIENTS

2-3 cloves garlic  
1 medium shallot  
1 medium-large jalapeño  
(remove pith and seeds for less heat)  
3 Tbsp champagne or light vinaigrette  
1 tsp sea salt  
1 packed cup purslane leaves  
1/2-3/4 cup extra-virgin olive oil

1/2 packed cup oregano leaves, removed from stems (increase oregano for added antifungal power)  
1 packed cup flat-leaf parsley, removed from stems  
1 1/2 packed cups cilantro leaves, removed from stems (if not a cilantro fan, substitute with the other greens)

## DIRECTIONS

1. Triple rinse purslane to get all sand, dirt, and grit rinsed off.
2. Mince garlic, shallots, and jalapeño pepper.
3. Add above to a bowl with vinaigrette and salt, and mix well.
4. Marinate minced garlic, shallots, and pepper in vinaigrette for 5-10 minutes.
5. Pull or trim the leaves from the stems of all the greens.
6. Pour marinated garlic, shallots, and pepper into blender and purée for 15-30 seconds.
7. Add purslane leaves to blender and purée for about 30 seconds.
8. Add oregano, parsley and cilantro to blender. Purée while adding the first half of the oil.
9. Stop blender, remove lid and press down with spatula.
10. Replace lid and purée for 30-60 seconds while adding remaining oil.
11. Stop blender, remove lid and press down again with spatula.
12. Replace lid and purée for a minute or two until smooth.
13. Immediately store covered in the refrigerator to prevent browning.  
Keeps for 1 week refrigerated. May also freeze for later use.