

Italian Parsley, Caper and Olive Sauce

Adapted from a relish recipe found online



Servings: 6

1. Place all ingredients in a ceramic bowl; mix well. Allow it to sit for a few hours to meld flavors.
2. Serve with grilled beef or pork, Italian sausage, or even pasta. Will keep in the frig for several days.

1/4 cup EVOO
2 tablespoons balsamic vinegar
1/3 cup red onion, finely diced
1 1/2 teaspoons minced garlic, minced
3 tablespoons parsley, chopped
1 tablespoon capers
2 tablespoons Castelvetrano olives, or other
green, ripe olive
3 tablespoons lemon juice
1/2 teaspoon Italian herbs, dried
salt and pepper to taste

*Per Serving (excluding unknown items): 93
Calories; 9g Fat (86.9% calories from fat);
trace Protein; 3g Carbohydrate; trace
Dietary Fiber; 0mg Cholesterol; 40mg
Sodium; 2g Total Sugars; 0mcg Vitamin D;
9mg Calcium; trace Iron; 43mg Potassium;
7mg Phosphorus. Exchanges: .*

Carolyn T's Blog: tastingspoons.com