**Carol’s Kale Chimichurri Marinade/Sauce**

Let’s go ahead and get all the kale jokes out of the way now, because this week’s Quick Family Recipe is such a great dish. Yes, it includes kale and Yes, Ellis always turns up his nose, but the few times I’ve made a recipe with kale, he’s loved them so much! I’m sure your family will, too!

Tyler thought chimichurri was something to do with a fried burrito or something, but nope, it’s the best marinade/sauce I’ve ever had. It is packed with fresh herbs and greens and makes your steaks and shrimp, soooo much better. It’s such a great way to get veggies into your kids.

Traditional chimichurri uses parsley and cilantro, but we’re gonna add in the kale in place of the parsley. You can make a huge batch of this and freeze whatever you don’t use…it freezes so well!

Time to get that blender or food processor out and let’s start chopping together!

**Ingredients:**

* 3 Cups Washed Kale
* 1 Bunch of Cilantro
* 1/2 Small Red Onion
* 3 Garlic Cloves
* 2 Tablespoons Red Wine Vinegar
* Salt and Pepper
* 1/3 cup olive oil

**How to Make:**

* In a food processor (or blender with blade at the bottom), add your chopped, pre-washed kale.
* Add in your washed cilantro… chop the stems off and throw in just the bunch of leaves from the top.
* Toss in your garlic cloves, whole with no peel along with your 1/2 small red onion.
* Pour in your red wine vinegar, salt and pepper.
* Place lid on top and pulse until everything is chopped and mixing well.
* Stream in olive oil as you continue you to pulse.
* Pulse until your chimichurri is the desired consistency.
* Toss in a Ziploc bag with your steaks or shrimp to marinade.
* Reserve some of the sauce to use over top when you are done cooking. Whatever you use as marinade will need to be thrown out since it was used with raw meat.
* Enjoy!

Ellis can say he dislikes kale all he wants, but the smile he had after trying it, proves that he can be persuaded to like kale. Maybe your kids will like it, too! Share your pics of your kids trying it on the [Z88.3 Mornings Facebook Page](https://www.facebook.com/Z88.3Mornings/)!

Carol Ellingson
Z88.3’s Resident Foodie
Originally posted on [Carolbake.com](http://carolbake.com/)