



Fresh Summer Sauce

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- 2 ½ cups fresh parsley, leaves and small tender stems only
- 2 large lemons, zested and juiced
- ¼ cup fresh chopped oregano
- ¼ cup toasted sliced almonds
- 3 tablespoons capers
- ¾ cup O&V [Unflavored EVOO](#) *
- ¼ teaspoon kosher salt
- ½ teaspoon black pepper
- ½ cup finely chopped O&V [Pomodoro della Mamma](#) sun dried tomatoes *

Preparation

Grate the zest of the lemons into a plate, then juice the two lemons into a bowl.

In a food processor, add in lemon zest, parsley, almonds and oregano. Cover and pulse until finely chopped. Add capers and pulse 3-4 times to combine

Add lemon juice, EVOO, salt, pepper, cover and pulse again (about 10-12 pulses) until it combines to a saucy paste. Remove to a bowl, and stir in the chopped sundried tomatoes. Taste and adjust seasoning as needed.

Serve over salmon, grilled meats, baked potatoes, toss with fresh tomatoes and mozzarella or simply shmear on a crostini as an appetizer.

Serves 8-10

Active time: 10 minutes Total Time: 10 minutes

Notes

* Substitute the [Pomodoro della Mamma](#) semi dried tomatoes with a [Pomodori Pistachio & Almond Tapenade](#) for a slightly different take on the sauce. If you use another sundried tomato, pick a nice high-quality one that is not gritty or chewy as the quality of the product will significantly impact the flavor and consistency of this sauce

You can substitute the [Unflavored EVOO](#) with a [Basil EVOO](#) or [Tuscan Herb EVOO](#) or use your favorite high-end extra virgin olive oil.

All highlighted products are available at [Oil & Vinegar stores](#).

Categories: Sauce, Gluten Free, Vegan, Vegetarian, Dairy Free, Accompaniment, Dressing, Unflavored EVOO, Snacks & Sides, Pomodoro Della Mamma, Pomodori Pistachio & Almond Tapenade,