

CILANTRO

Selection Info

Chose cilantro that has bright green leaves. Avoid cilantro with wilted or limp leaves and leaves with yellow or brown spots.

Preparation

Rinse cilantro in cool water to remove dirt just before use, then pat dry.
You can use cilantro whole (leaves and stems) or just the leaves .

Storage

Short-Term Storage: Cilantro can be stored several ways. You can place the stem ends in a glass of water, cover with a plastic bag, and place in the refrigerator. Or, you can store trimmed stems in an airtight container in the refrigerator.

Store seeds and powder in a glass airtight container in cool, dark, and dry location. You can store the seeds and powder from 6 months to 1 year.

Long-Term Storage: Cilantro can be frozen or dried.

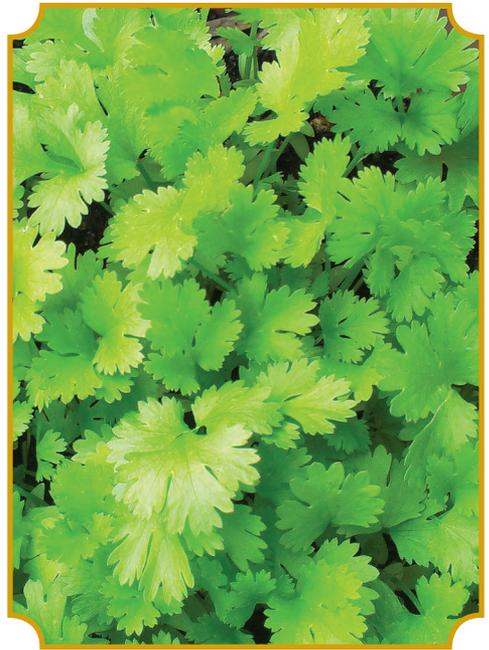


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BEET AND CARROT SALAD

Ingredients

- 1 carrot (sliced thin or coarsely grated)
- 1/4 cup fresh onion (minced)
- 2 tablespoons light mayonnaise
- 1/4 teaspoon each salt and pepper
- 1 3/4 cups beets (bite-size pieces — cooked from fresh or canned/ drained)
- 1 tablespoon cilantro (chopped — optional)



Directions

1. Bring a small pot of water to a boil and cook carrots until just tender (about 7-9 minutes).
2. In a medium bowl, combine onion, mayonnaise, salt, pepper, and (if using) cilantro.
3. Add beets and carrots and stir to coat evenly.
4. Serve warm or cold.
5. Refrigerate leftovers within 2 hours.



Learn more about **CILANTRO** by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlink/food.php?food=cilantro>.



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Nutrition Information

Serving Size 2/3 cup (110g)

Nutrients	Amount
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Total Calories	70
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Protein	1g
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Carbohydrates	10g
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Dietary Fiber	3g
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Total Fat	2.5g
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Saturated Fat	0g
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Cholesterol	5mg
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Sodium	260mg
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