

PARSLEY

Types

Flat-leaf parsley (sometimes called Italian parsley) has stronger flavor and holds up better when you cook it, which makes it the preferred type in most hot dishes. Curly leaf parsley has less flavor and is better in cold dishes.

Selection Info

Look for deep-green, crisp leaves. The leaves and stems should not be wilted or yellow.

Preparation

Gently wash parsley in a bowl of cold water, then rinse it in stream of water to remove any excess dirt.

It is best to add parsley toward the end of cooking to ensure flavor and color.

You can use the leaves and stems chopped or use the whole leaf.

Storage

Short-Term Storage: You can keep fresh parsley in a plastic bag in the refrigerator for up to 5 days.

Long-Term Storage Sources:

Parsley can be dried or frozen. Flat leaf parsley is best dried by laying it out to dry on clean cloth. Once dried, store the parsley in a sealed container in a dry, dark, cool location.

Curly leaf parsley is best frozen.



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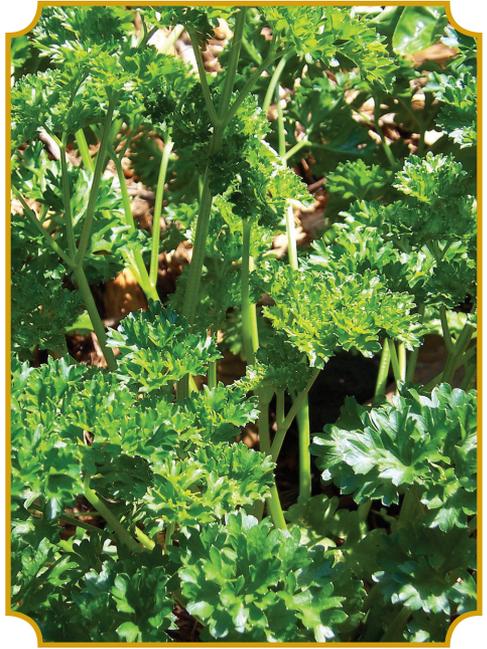
PARTY-TIME PASTA

Ingredients

- 1/2 pound lean ground turkey
- 1 teaspoon paprika
- 1 14.5-ounce can crushed tomatoes
- 1 14.5-ounce can reduced sodium chicken broth
- 2 cups bow-tie pasta (uncooked)
- 3 cups vegetables (cut into small pieces) such as carrots, broccoli and cauliflower

For the Tasty Topping

- 1/2 cup chopped parsley (fresh or dried)
- 1/4 cup seasoned bread crumbs (dry)
- 1/4 cup Parmesan cheese (grated)



Directions

1. Heat a large nonstick pan over medium heat. Add ground turkey and paprika. Cook and stir until meat is brown and no longer pink (about 5 minutes).
2. Stir in tomatoes, chicken broth, and pasta. Bring mixture to a boil. Reduce heat to medium-low. Cover and simmer until pasta is not quite tender, about 6 minutes.
3. Remove lid. Place vegetables on top of pasta. Replace lid. Cook until vegetables are tender, about 5-10 minutes.
4. To prepare the Tasty Topping, mix parsley, bread crumbs, and Parmesan cheese in a bowl. Sprinkle over vegetables in skillet. Cover and let sit for 3 minutes before serving.



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Nutrition Information

Serving Size	1 cup
Nutrients	Amount
Total Calories	220
Protein	14g
Carbohydrates	27g
Dietary Fiber	4g
Total Fat	6g
Saturated Fat	2g
Sodium	330mg