

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.



Looking for a source of fresh local fruits and vegetables??? . . .
Look here . . . www.purdue.edu/foodlink/about.php

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>.



Share your recipes!

Nutrition Information

Serving Size 2/3 cup (110g)

Nutrients Amount

Total Calories 70

Protein 1g

Carbohydrates 10g

Dietary Fiber 3g

Total Fat 2.5g

Saturated Fat 0g

Cholesterol 5mg

Sodium 260mg