

## 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)



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## 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.

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### 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

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