



Fresh Ideas for Using Your Produce: Cilantro

STORING: Refrigerate in resealable plastic bag with a paper towel for several days.

PREPARATION: Wash just before using; blot dry with paper towels. When chopping, make sure leaves are well dried to prevent them from sticking to blades. Use a knife on a cutting board or place leaves in glass measuring cup and cut into small pieces with kitchen scissors, using short, quick snips.

COOKING: Add cilantro near the end of cooking time as it loses flavor when exposed to heat.

NUTRITION: Good source of vitamins A and C

QUICK IDEAS:

- Garnish your favorite Latino and Asian dishes with whole or chopped cilantro leaves for extra flavor and color.
- Enhance the taste and eye appeal of rice and bean dishes by mixing in chopped cilantro.
- Give a burst of fresh flavor to jarred salsa by stirring in chopped cilantro before serving.

STRAWBERRY PEACH AND CILANTRO SALSA

- 2 cups fresh strawberries, chopped
- 2 cups fresh peaches, skinned and chopped
- 1 cup cilantro, chopped
- ½ of a jalapeno pepper (or the whole pepper if you like it hotter!)
- ½ cup red onion or sweet onion, chopped
- 1 avocado, diced (optional, but delicious)
- ¼ cup to 1/3 cup sugar, depending on sweetness of strawberries and peaches
- ¼ cup fresh orange juice
- 2 tablespoons olive oil
- salt and pepper to taste

Add all the ingredients in a large bowl and toss. Taste and adjust seasonings. Serve with tortilla chips, or as an accompaniment to chicken, fish, pork or beef.

Makes 4 ½ cups.



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CUCUMBER AND CABBAGE SALAD WITH CILANTRO DRESSING

- $\frac{1}{4}$ cup olive oil
- 3 limes, juiced
- $\frac{1}{4}$ teaspoon cumin
- salt and pepper to taste
- $\frac{1}{2}$ cup cilantro, chopped
- $\frac{1}{2}$ a green cabbage, cut into shreds
- 1 cucumber, peeled and sliced
- 2 large carrots, peeled and shredded
- 2 green onions, chopped

For the dressing, whisk together olive oil, lime juice, cumin, and salt and pepper. In a large bowl mix together the cilantro, cabbage, cucumber, carrots and green onion. Pour dressing over vegetables and toss.

Makes 8 servings.