



Fresh Ideas for Using Your Produce: Italian (Flat Leaf) Parsley

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: The flavor of Italian flat-leaf parsley stands up well to heat so can be used both during cooking and as a garnish. It's a classic herb simmered in homemade chicken stock.

NUTRITION: Good source of vitamins A and C

QUICK IDEAS:

- Adds flavor and color to a wide variety of dishes, including omelets, vegetables, grilled meats, soups, stews and salads.
- Enhance the taste and eye appeal of rice and bean dishes by mixing in chopped parsley.
- Toss cooked new potatoes with olive oil, chopped fresh parsley, salt and pepper.

GREMOLATA

- 1/2 cup coarsely chopped fresh parsley leaves
- 2 cloves garlic, minced
- Grated zest of 2 lemons
- 2 tablespoons olive oil
- Salt to taste

Place parsley, garlic and lemon zest on cutting board; chop together until well combined. Place in small bowl; stir in oil. Season with salt.

Serve gremolata over cooked fish, chicken, lamb, beef and vegetables for an instant burst of fresh, intense flavor.



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CHIMICHURRI

- 1/2 cup packed fresh parsley leaves
- 2 tablespoons chopped onion
- 2 cloves garlic, chopped
- 2 tablespoons olive oil
- 1 tablespoon white wine vinegar
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/8 teaspoon cayenne pepper

Place parsley, onion and garlic in blender container. Cover; process until parsley is finely chopped. Add oil, vinegar, salt and peppers; process until well blended.

Serve chimichurri over grilled fish, chicken, lamb, beef and cooked vegetables for an instant burst of fresh, intense flavor.