

How to Use Whole Foods

Innovative ideas for using real, whole foods in delicious ways!

CILANTRO

Cilantro is one of the most commonly used flavoring herbs in the world. It is planted as a winter crop in late September to November and is harvested from November through March!

Examples:



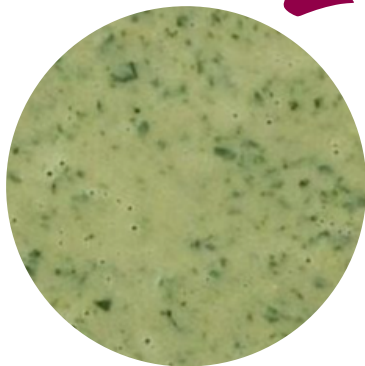
Cilantro-Lime Brown Rice



White Chicken Cilantro Chili



Fresh Cilantro Salsa



Cilantro Lime Dressing



Spring Rolls

TIP!

Consider using Cilantro (CILANTRO FRESH 1 LB CS) through USDA Foods!