

# Whole Food Profile

Learn the basics to start cooking with this nutritious, whole food!

## CILANTRO

Cilantro is a fast-growing herb with two components: the leaves are the herb 'cilantro' and the seeds are the spice 'coriander.' This herb produces wide, flat leaves that are used in many diverse cuisines around the world. Cilantro contains vitamins A, C, and K, and the leaves also have folate, potassium, and manganese!



### How to Select and Store CILANTRO:

#### Selection

**STRONG AROMA**    **VIBRANT COLOR**    **FLOWERY STEMS**

Cilantro is a strong, distinctive-smelling herb. It should have bright green, perky leaves without any discoloration or bruises.

The cilantro plants are variable in shape, and vibrant in color. Choose a bunch with strong leaves, as cilantro can quickly wilt and decay.

#### Storage



**REFRIGERATOR OR FREEZER**

You may store cilantro in the fridge with the leaves loosely covered with an upside-down plastic bag.

You may also store cilantro by chopping and freezing in ice cube trays with water or oil. Once frozen solid, transfer to freezer bags and add to sauces, soups, and marinades.

#### Nutrition Facts

Serv. size 2 sprigs (4.5g)

Amount per serving

**Calories 0**

% Daily Value\*

Total Fat 0g 0%

Sat. Fat 0g 0%

Trans. Fat 0g

Cholest. 0mg 0%

Sodium 0mg 0%

Total Carb. 0g 0%

Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 0g

Vit. D 0mcg 0% • Calcium 3mg 0%

Iron 0mg 0% • Potas. 23mg 0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Tips for Preparing and Cooking:

#### Preparation

Thoroughly wash cilantro under cold running water until free of grit. Strain to drain most of the water and remove majority of stems before use. Cilantro leaves can be used whole, chopped, or sliced!

#### Try Cilantro....

##### Raw

Eating cilantro raw is a great way to enjoy its fresh flavor and aroma. Simply wash and chop the cilantro and add it to your favorite dish!

##### Cooked

Cilantro is a common ingredient in many dishes. It can be added to soups, stews, curries, and stir-fries at the end of cooking to preserve its flavor!

##### Pesto

Cilantro can be used to make a unique and flavorful pesto. Blend cilantro, garlic, olive oil, nuts, and cheese to make a delicious sauce for a pasta or dip.