

CILANTRO

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**GREATER
CHICAGO**
- **FOOD** -
DEPOSITORY.

CHARACTERISTICS

- Cilantro is an herb from the same family as celery and parsley, and is sometimes called “Coriander” especially when referring to its seeds.
- Using more herbs, like cilantro, while cooking can help add fresh, savory flavor without adding extra sodium.
- Select cilantro that has vibrant green color, without yellow or brown spots. Avoid bunches with leaves that are wilting.
- Cilantro acts as natural preservative when added to other foods, helping to delay spoilage.
- 1/4 cup of cilantro leaves contains:
 - 16% of your recommended daily value of vitamin K to help with the formation of bones, tissues and hormones.
 - 5% of your recommended daily value of vitamin A to maintain eye and skin health and to protect the body against infections.



PREPARE

Wash and dry cilantro before eating it. Since cilantro is a tender herb, add it near the end of cooking or after done cooking.

Try cilantro:

- *Finely chopped* as a topping for tacos, burritos or nachos
- *With savory meat, fish or egg dishes* to add flavor without adding salt
- *Paired with lemon or lime* to add zesty flavor to a dish
- *Chopped* and added to oil and vinegar for a homemade salad dressing

STORE

- Cilantro is highly perishable. Store it in the refrigerator with stems attached in a loose plastic bag for up to a week.
- Remove leaves just before using, as leaves removed from the stem will only last up to 3 days.