

PARSLEY

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

CHARACTERISTICS

- Parsley is an herb from the same family as celery and cilantro.
- The grassy, clean flavor of this herb can bring a peppery or lightly bitter taste to savory dishes.
- Select parsley that has vibrant green color, without yellow or brown spots. Avoid bunches with leaves that are wilting.
- While seen as mainly a garnish or topping, parsley is packed with antioxidants like apigenin that support immune function.
- 1/4 cup of parsley leaves contains:
 - 33% of your recommended daily value of vitamin C to support immune health and aid in the body's healing process.
 - 25% 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 parsley before eating it. Since parsley is a tender herb, add it near the end of cooking or after done cooking.

Try parsley:

- *Finely chopped* as a garnish for stews and soups.
- *With savory meat, fish or egg dishes* to add flavor without adding salt.
- *Chopped and combined* with oil, vinegar, or lemon juice for salad dressing or pesto sauce.

STORE

- Parsley 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.