



Local

PICK OF THE MONTH

May 2018

Citrusy Cilantro

Selection and preparation

Selection

Look for leaves that are deep green in color, firm and crisp texture, and free from yellow or brown spots.

Storage

Store in the refrigerator in a plastic bag, best if used within 3 days.

Preparation

Wash with cool water just before using, leaves may be used whole or chopped.

Cooking

Chop fresh cilantro leaves for immediate use, grind coriander seeds with a mill or mortar and pestle.

Check your grocery store or farm stand for fresh cilantro today!



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What's so great about cilantro?

- It's a good source of vitamins K, A and C
- It's low in calories
- Cilantro provides an herb and a spice. The fresh leaves are an herb (cilantro) and the seeds (coriander) are used as a spice.

What's the best way to eat cilantro?

- Chop it for salsas and salad
- Blend into pesto, yogurt dip or hummus

Cilantro lime three-bean salad

Ingredients

1 (15 ounce) can black beans
 1 (15 ounce) can garbanzo beans
 1 (15 ounce) can red kidney beans
 1 shallot, finely chopped
 1 green bell pepper, chopped
 1/2 cup cilantro, finely chopped
 2 teaspoons chipotle in adobo sauce*
 1 teaspoon sugar
 1/2 teaspoon salt
 Juice of 2 limes
 Zest of 1 lime

Directions

1. Drain, rinse and place all beans in a large bowl. Stir in shallot, pepper and cilantro.
2. In a small dish, stir together the chipotle in adobo sauce, sugar, salt, lime juice and zest.
3. Pour the dressing over the beans and stir to coat. Place the bean salad in the refrigerator for at least 15 minutes before serving to let the flavors blend.



*This is the sauce from a can of chipotle peppers in adobo. If you want your salad extra spicy, place the dressing ingredients in a small food processor, and add a whole chipotle pepper with the sauce. Purée and pour over the bean dressing. In a pinch, substitute 1 teaspoon chipotle chili powder for the sauce.

Makes 6 to 8 servings.

Nutrition information per serving

173 calories, 1g fat, 10g protein, 110.5g fiber, 34g carbohydrates

Recipe from fruitsandveggiesmorematters.org