

VEGETABLE OF THE WEEK

# CILANTRO

Cilantro looks like parsley, but has a strong smell and flavor (folks who don't like cilantro think it tastes like soap). Cilantro favors cool weather, so you won't see it as much in the heat of the summer.

**To store:** For short-term storage, stand the bunch upright in a container with an inch of water. Then cover the cilantro loosely with a plastic bag and refrigerate for up to 2 weeks. Change the water as needed. You can also treat it like a bouquet of flowers and trim the bottom of the stems every so often.

## 1. Spice up your sour cream.

Chopped cilantro can be stirred in with sour cream (or plain yogurt) and then used to top chili, soups, and stews.

## 2. Rev up your rice.

You can chop and toss cilantro into your rice dishes for some extra refreshing pep, or just sprinkle some on top before serving. Mix chopped cilantro with lime to create a refreshing dressing for your rice dishes as well.

## 3. Give salad dressing a kick.

You can add chopped cilantro to your salad dressings for a little kick. It pairs especially well with vinaigrette's as well as citrus flavored dressings. Add and allow the dressing to sit in a refrigerator for an hour before use.

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**4. Create a quick coleslaw.**

Mix vegetables, a little oil, salt, and pepper along with fresh chopped cilantro to create a unique and refreshing coleslaw. This is the perfect recipe when you need a quick side dish!

**5. Add flavor to your stir-fry.**

Throw a little bit of chopped cilantro into your next stir-fry to give it a burst of flavor. If you add it towards the end of cooking it will give your stir-fry a very fresh flavor.

**6. Spice up pasta salads.**

Or any salad for that reason! Chopped cilantro or a sprinkling of it goes a long way. Add to your pasta salads, rice salads, or fresh green salads for some truly unique flavor you won't be able to get enough of.

**7. Create a cool chutney.**

There are literally hundreds of chutney recipes out there and all of them can be made better when you add fresh chopped cilantro! Put your own spin on any chutney recipe by tossing in this tasty and fresh addition.

**8. Make your own green sauce.**

Green sauce is perfect for baking meat dishes in and marinating meat dishes as well.