



# CILANTRO

ALSO KNOWN AS: CORIANDER  
OR CHINESE PARSLEY



## Nutrition Facts:

- Rich in dietary fiber, it can help to lower LDL or “bad cholesterol” and increase HDL or “good cholesterol.”
- May act as a cleansing agent that helps to remove heavy metals from the body such as lead, mercury and aluminum.
- May help to improve vision and digestion.
- May help to control blood sugar levels.
- Contains anti-bacterial compounds.
- High in vitamins A, C, K and Folate, and minerals calcium, iron and magnesium.

### What do I call it?

Cilantro is considered both an herb and a spice. Cilantro or Chinese parsley refers to the leaves and stems of the plant, which are used as an herb. The seeds of the cilantro plant are dried and used as a spice called Coriander.

### What does it taste like?

Cilantro has a fresh flavor with citrus-like overtones. Some people however describe a “soapy” taste. Coriander provides a fragrant flavor to dishes similar to citrus peel and sage.

## Vegetable Fun Facts!

Cilantro is one of the world’s oldest herbs and spices, originating from the Mediterranean Region. It was used by Greeks and Romans to flavor and spice foods, to preserve meat and as a medicine. References to cilantro exist in the Bible, and in ancient Indian Sanskrit texts. Cilantro is a popular herb in Latin American, Chinese and Indian cuisines.

Cilantro is a delicious and nutritious herb that can be used in your favorite recipes and for its medicinal properties. Full of vitamins and nutrients, cilantro makes a great addition to many dishes. Try chopping it up and adding to salads, pestos, pastas, or as a garnish for meat.

Cilantro is easy to grow in your backyard or in a pot during the spring or fall seasons. Grow in partial shade if primarily interested in the leaves or in full sun if your main interest is the seeds for coriander. Simply snip off leaves when needed.



# How to Prepare CILANTRO

## HOW TO...

### STORE:

Fresh cilantro should be stored in the refrigerator in a zip pouch or wrapped in a slightly damp paper towel. Use as early as possible as it loses flavor and nutrients quickly.

### FREEZE:

Wash thoroughly and blanch (dunk in boiling water for a few seconds followed by a cold ice bath). Drain and pat dry. Place in airtight containers or freezer bags and freeze immediately.

Prepared by Hopelink  
Volunteers

### References:

- Board image courtesy of Grant Cochrane / FreeDigitalPhotos.net
- Bowl image courtesy looseends / Foter.com / CC BY-NC-SA
- Small front photo WinstonWong\* / Foter.com / CC BY-NC-SA
- Front large photo: regan76 / Foter.com / CC BY
- <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=70>



## How to Choose Cilantro:

Look for fresh, vibrant green leaves and firm stems, free from any kind of spoilage or yellowing.

## How to Prepare Cilantro:

Rinse thoroughly in clean water, discard roots, and any old or bruised leaves. You may use the stems for some recipes such as soups or sauces, but generally, you cut these off and discard before chopping the leaves into small bits. If you don't need the entire bunch, only remove the stems from the leaves you will use.

## Fried Rice With Cilantro

### Ingredients:

- 4 TB vegetable oil
- 5 cloves garlic, finely chopped
- 2 green chillies, diced
- 2 cups cubed skinless, boneless chicken breast meat
- 2 cups cooked jasmine rice, chilled
- 1 TB white sugar
- 1 TB fish sauce
- 1 TB soy sauce
- 2 TB chopped green onion
- 2 TB chopped fresh basil leaves
- 5 TB chopped fresh cilantro

### Directions:

*A delicious fried rice. You can use either chicken, pork, bacon or seafood - great with calamari and prawns. Makes 4 servings.*

1. Heat the oil in a wok or large skillet, over medium-high heat. Fry the garlic until golden, then add the chili pepper and chicken meat, and stir-fry until cooked through.
2. When the chicken is cooked, add the rice, sugar, fish sauce, and soy sauce. Cook over medium heat, stirring gently. When the mixture is well blended, stir in the green onions, basil, and cilantro. Cook for 1 more minute, then serve hot.

