



Cilantro

How to Prepare

Cilantro is an herb commonly used around the world. The term cilantro is typically used to describe the fresh leaves of the coriander plant, while the term coriander is more often used to describe the dried seeds of the plant. For today, we're focusing on the leaves.

Cilantro is one of those flavours that you either love or hate. Those who like it describe the taste of cilantro either as fresh and bright, pairing well with citrus. Those who dislike it often describe a soap-like taste. Love it or hate it, cilantro is widely used in India, Mexico, Southeast Asia, Southern Europe and Northern Africa. Because it has been used in so many regions of the world, you'll find it in a huge range of recipes.

Cilantro is best used fresh and uncooked. Dried cilantro loses most of its flavour, and heat will also diminish the bright taste. For hot dishes, add cilantro at the last minute, as a garnish. To maintain freshness, store cilantro in the refrigerator covered loosely with a plastic bag, or store them on the countertop stem-down in a jar or glass partially filled with water.

Try Using Cilantro:

- In fresh homemade salsa;
- In guacamole;
- As a topping for tacos, fajitas, and burritos;
- In fresh-pressed juices;
- As a garnish for pastas;
- In stir fries or sautéés;
- In omelets or frittatas;
- In many traditional curries;
- As a garnish for chili;
- In bean salads;
- In ramen, udon, or noodle bowls.

Nutrition Highlights

- High in vitamin A and C;
- High in calcium and iron;
- A source of thiamine and zinc;
- A good source of dietary fiber;
- A source of folate and copper.

Nutrition Facts	
Serving Size 1 ounce 28g (1 ounce (28g))	
Amount Per Serving	
Calories 6	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 13mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	3%
Sugars 0g	
Protein 1g	
Vitamin A 38%	Vitamin C 13%
Calcium 2%	Iron 3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Recipe: Cilantro-Lime Chicken Tacos

Ingredients

- 8 whole-wheat tortillas, 8"
- 4 boneless, skinless chicken breasts, cubed
- 1 red bell pepper, cut into cubes
- 1 red onion, cut into thin strips
- 2 cloves of garlic, minced
- 2 limes, both zest and juice
- 1 tsp ground coriander seed
- 1 tsp ground cumin seed
- 1 tsp dried oregano
- ½ cup shredded greens
- 1 cup shredded cheese
- ½ cup chopped cilantro

Instructions

In a medium saucepan heat cooking oil over medium heat, then add chicken and sauté for about 10 minutes. Add red onion, minced garlic, lime zest, lime juice, coriander seeds, cumin seed and dried oregano. Sauté for another 10 minutes, or until the onions begin to soften and the chicken is fully cooked.

Serve the chicken mixture on whole-wheat tortillas, topped with bell peppers, shredded greens, and shredded cheese. Add chopped cilantro at the last minute and serve.

For budget-friendly fajitas, substitute the chicken breast for ground chicken or turkey.

For extra-delicious fajitas, add a cilantro-heavy guacamole.

Get the kids involved: have them pick their favourite toppings, sauces, and fixings. Try making fresh salsa or pico de gallo, guacamole, or pickled veggies. Switch up the cheeses, use a different salsa, or add some heat with jalapenos or cayenne peppers.

Use greens from your garden. Lettuce is the classic, but arugula can add a peppery twist, while spinach can lend a slightly earthier flavour.