

Cilantro

Storage

Wrap loosely in paper towels and refrigerate for up to a week.



Preparation

Wash well in cold water. Cilantro is eaten fresh as a garnish, it can also be added to soups, stews, and curries.



Nutrition

Cilantro is rich in vitamins and beneficial for skin and bone health. It is also rich in minerals that help to improve red blood cells and increase iron content.

