



CILANTRO-BASIL VINAIGRETTE



WE DON'T WASTE

Ingredients

Yields: 1 cup

1 cup fresh basil

1 cup fresh cilantro

1/2 lemon, juiced

1/2 cup olive oil

2 tbsp rice wine vinegar (or vinegar of choice)

1 tsp honey

2 garlic cloves, minced

View the Recipe Online



Directions

- 1 Mix all ingredients together (you can also blend everything together). For a little spice, add 1/2 tsp of red pepper flakes.
- 2 Use as salad dressing, salsa, or dipping sauce. This vinaigrette can be put on anything and everything!
- 3 Store leftovers in an airtight container in the refrigerator for up to 4 days.

VINAGRETA DE CILANTRO Y ALBAHACA

sin gluten + sin nueces + vegano



WE DON'T WASTE



Ingredientes

Produce: 1 taza

1 taza albahaca fresca

1 taza cilantro fresco

1/2 jugo de limon

1/2 taza aceite de oliva

2 cs. vinagre de vino de arroz (o vinagre de elección)

1 cdta. miel

2 dientes de ajo, picados

Ver la receta en línea



Instrucciones

- 1 Mezcle todos los ingredientes (también puede mezclar todo). Para un poco de especia, agregue 1/2 cucharadita de hojuelas de pimienta roja.
- 2 Úso como aderezo para ensaladas o salsa. ¡Esta vinagreta se puede poner en cualquier cosa y en todo!
- 3 Guarde las sobras en un recipiente hermético en el refrigerador hasta por 4 días.

CILANTRO AND BASIL BENEFITS

CILANTRO BENEFITS AND STORAGE



Vitamin A

- Good for your eyes (helps eyes adjust to see in the dark)

Vitamin C

- Immune system and wound healing benefits
- May help avoid gingivitis (inflammation of the gums)

Antioxidant

- Helps prevent cell damage and diseases

Skin Health

- Cilantro is a rich source of vitamin A, vitamin C, and antioxidant that studies show have been helpful in the prevention of cell damage and early signs of aging such as wrinkles, pigmentation, and loose skin

Storing Cilantro: Cilantro is best kept in a vase (mason jar) with 1-2 inches of water, covered loosely with a plastic bag, and stored in the refrigerator. This should allow the cilantro to last for roughly 2-3 weeks.

BASIL BENEFITS AND STORAGE



Vitamin K

- Helps keep bones healthy

Manganese

- Important for normal brain and nerve functions
- Helpful in the prevention of cell damage

Calcium

- Helps develop and maintain healthy bones and teeth
- May lower the risk of colon cancer, maintain a normal blood pressure, and reduce the risk of kidney stones

Vitamin A & C

- Benefits can be found above under cilantro benefits

Storing Basil: Basil is best kept on the counter in vase of water (just like flowers). Be sure to change out the water and trim the leaves occasionally. The basil should last up to 2 weeks.



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