

## Nutritional benefits

## Culinary uses

### PARSLEY



Ounce for ounce, parsley is not only packed with about as much vitamin C as orange juice, but this nutritional dynamo is also filled with cancer-inhibiting carotenoids, vitamins A and K, iron, calcium and folate.

Think of parsley as a jack-of-all-trades; it can be used to counteract sodium in sauces and soups and to flavor recipes, including pasta sauces, pesto, potato salad and tabbouleh, and to pretty up a plate. Juice parsley and carrots for a vitamin-A and -C cocktail.

### CILANTRO (CORIANDER)



Cilantro and its seed, coriander, are a source of vitamins A and K, potassium, calcium, iron, magnesium, manganese and copper.

Cilantro's strong, musky flavor is most common in Mexican, Indian and Asian cooking. Blend cilantro's roots in curry dishes, toss chopped leaves in a black bean and corn salsa, or add a few cilantro sprigs to an avocado and tomato sandwich.

### THYME



Another antioxidant powerhouse, thyme contains vitamin C, potassium, calcium and iron.

Known for blending well with other herbs without being overpowering, add thyme *last* to absorb oil in chicken, fish and meat dishes. Give linguine a lift with citrus-scented lemon thyme in a light herb sauce, or before baking fish, marinate in lemon juice, thyme, black pepper and Dijon mustard.

### MINT



A source of vitamins A and C, calcium and iron, mint also has traces of protein-building amino acids and disease-fighting flavonoids.

Give iced tea and frozen yogurt a makeover with crushed mint leaves or dress salad with a mix of nonfat yogurt, orange-juice concentrate, low-calorie sweetener and 3 tablespoons of chopped mint.