

# Cilantro

## Dressings:

### **Cilantro Lime Dressing Great with butterhead lettuce!**

- 1 jalapeno pepper, seeded and coarsely chopped
- 1 clove garlic
- 3/4 tsp minced fresh ginger root
- 1/4 cup lime juice
- 1/3 cup honey
- 2 tsp balsamic vinegar
- 1/2 tsp salt, or to taste
- 1/4 cup packed cilantro leaves
- 1/2 cup extra-virgin olive oil

Place the jalapeno pepper, garlic clove, and ginger into a food processor or blender; pulse until the jalapeno and garlic are finely chopped. Pour in the lime juice, honey, balsamic vinegar, and salt, add the cilantro leaves; pulse a few times to blend. Turn the food processor or blender on, and slowly drizzle in the olive oil until incorporated into the dressing. Season to taste with salt before serving.

### **Cilantro Lime Vinaigrette**

- 1 jalapeno pepper, seeded and coarsely chopped
- 1 clove garlic
- 3/4 t minced fresh ginger root
- 1/4 cup lime juice
- 1/3 cup honey
- 2 t balsamic vinegar
- 1/2 t salt, or to taste
- 1/4 cup packed cilantro leaves
- 1/2 cup extra-virgin olive oil

Place the jalapeno pepper, garlic clove & ginger into a food processor or blender; pulse until the jalapeno and garlic are finely chopped. Add in everything else except oil; pulse a few times to blend. Turn the food processor or blender on, and slowly drizzle in the olive oil until incorporated into the dressing. Season to taste with salt before serving. Allrecipes.com

### **Thai Peanut Dressing**

- 1/4 cup creamy peanut butter
- 2 tablespoons rice vinegar
- 2 tablespoons fresh lime juice
- 3 tablespoons vegetable oil
- 1 tablespoon soy sauce
- 2 tablespoons honey
- 2-1/2 tablespoons sugar
- 2 garlic cloves, roughly chopped
- 1-inch square piece fresh ginger, peeled and roughly chopped
- 1 teaspoon salt
- 1/4 teaspoon crushed red pepper flakes
- 2 tablespoons fresh cilantro leaves

Combine all of the ingredients except for the cilantro in a blender and process until completely smooth. Add the cilantro and blend for a few seconds until the cilantro is finely chopped. Refrigerate until ready to serve.

## More Cilantro Recipes:

### Lime Butter

8 Tbls Cosmic butter, at room temp

Grated zest of 1 lime

1 1/2 Tbls lime juice

1/4 tsp salt

1/2 tsp white pepper

1 Tbls chopped cilantro

1/2 garlic clove or curl, minced

1/4 tsp Chile flakes

In a medium bowl, beat the butter with a wooden spoon until it turns soft and creamy. Stir in the rest of the ingredients.

Tip onto a sheet of plastic wrap and roll into a sausage shape. Twist the ends of the wrap to seal the flavored butter.

Chill until firm. Serve with green pancakes. From: Plenty

### Cilantro Pesto

This pesto is great to drizzle over pasta, veggies or scrambled eggs!

1 bunch fresh cilantro

5 cloves garlic, minced

1 T white wine vinegar

1/4 cup grated Parmesan cheese

1/2 t cayenne pepper

1/2 cup walnuts or pecans

Salt to taste

½ cup olive oil

In an electric food processor or blender, blend cilantro, garlic, vinegar, Parmesan cheese, cayenne pepper, nuts, and salt.

Add 1/4 cup of the olive oil, and blend the pesto. Add more olive oil until the pesto reaches your desired consistency.

### Spicy Cilantro-Peanut Slaw

1/2 large head green cabbage, very finely chopped

1/2 cup peanuts, chopped

1/2 cup thinly sliced green onions

1 bunch cilantro, chopped (use at least 1/2 cup chopped cilantro, or more)

Salt and black pepper to taste

Dressing Ingredients:

2 T rice vinegar (not seasoned)

1 T agave nectar, honey, or sugar

2 tsp. sesame oil 2 tsp. soy sauce

1 tsp. Sriracha sauce (or less, or this can be left out for a less spicy version) 1/4 cup canola or peanut oil

Cut cabbage head in half. Remove core from the half you're using, then cut cabbage into very thin slices (less than ¼")

and turn cutting board the other direction and cut again to chop into very small pieces. Thinly slice green onions, chop cilantro, and peanuts. In a bowl or measuring cup, mix together rice vinegar, sweetener of your choice, sesame oil, soy sauce, and Sriracha sauce if using. Use a whisk to mix in oil until dressing is well-combined. In large bowl, gently combine chopped cabbage, sliced green onions, and chopped cilantro. Add dressing a little at a time, until salad seems as wet as

you'd like it. (You may not need all the dressing.) Add chopped peanuts, and stir a few times until peanuts are mixed in. Taste salad for seasoning, and add salt and black pepper as desired. Serve immediately.

### **Stir Fried Quinoa with Eggplant, Cabbage and Cilantro**

1 c. quinoa  
2 c. chicken broth  
1 T. toasted sesame oil  
3/4 to 1 lb. eggplant, cubed  
Vegetable oil  
Salt and black pepper  
2 large eggs, lightly beaten  
½ medium onion chopped  
2 cloves garlic, chopped  
2 t. sriracha  
2 c. cabbage, chopped  
¼ c. soy sauce  
2 T. fresh cilantro, chopped

Preheat the oven to 425°F and line a baking sheet with parchment paper. Place the eggplant cubes in a bowl, drizzle with a small amount of vegetable oil, season with salt and pepper and toss to combine. Arrange in a single layer on the baking sheet and roast for 8 to 12 min, or until tender and lightly browned. Remove from the oven and set aside. ~ Place the quinoa and broth in a saucepan and bring the mixture to a boil. Reduce the heat to a simmer and cook until all the water is absorbed, about 12 min. Drizzle with sesame oil, fluff with a fork and set aside. In a large skillet or wok heat 1 t. of vegetable oil over med-high heat. Add the eggs and scramble until cooked through. Stir into the cooked quinoa. Add another tablespoon of oil to the pan and increase the heat to high. Add the onion and garlic and stir-fry for 1 minute. Quickly stir in the sriracha, and then add the cabbage. Stir-fry until the cabbage is crisp-tender, another 2 min. Add a little more oil to the pan if needed, then add the quinoa-egg mixture. Continue to stir fry for another minute. Add the soy sauce, toss to combine, and then add the eggplant and cilantro. Mix well, drizzle with a little additional sesame oil and serve.

### **Sautéed Eggplant with Cilantro**

5 T. olive oil  
1 medium eggplant (1 pound), cut into 1/2- inch dice  
Salt and pepper  
Chopped cilantro

In a large skillet, heat the olive oil until shimmering. Add the eggplant and cook over moderately high heat, tossing occasionally, until tender and golden, about 10 minutes. Transfer the eggplant to a bowl and season with salt and pepper. Sprinkle with cilantro and serve.

### **Cilantro Ginger Beans**

1 lb. green beans, trimmed and cut into bite-size pieces  
1 T. minced ginger  
2 T. olive oil  
2 T. chopped fresh cilantro

Bring a medium pot of water to a boil. Meanwhile, prep the green beans and ginger. When the water boils, add the green beans and cook until bright green and barely tender, 2-4 minutes. Rinse with cold water and drain.

Heat the olive oil in a medium sauté pan over medium heat. When it's hot and shimmering, stir in the ginger and cook for 2 minutes. Add the green beans and stir to coat with the ginger and oil. Leave them alone to cook 2 minutes. Stir in the cilantro and take the pan off the heat.

### **Speedy Tomato-Cilantro Sauce**

About 3-4 tomatoes, chopped

About 2 tablespoons chopped cilantro

3 scallions, finely chopped

2-3 cloves minced garlic

Salt and pepper to taste

Dashes of hot pepper sauce, chili flakes, etc...

2 tablespoons vegetable oil

Puree all ingredients in a blender, and then simmer on a low boil for 5 minutes. Great over grilled meats, quesadillas, chicken wings, etc....