

Daily Dining Dilemmas



TIPS FOR MINDFUL EATING IN THE MIDST OF TODAY'S CHAOS

Recipe using Fresh Herbs

Cilantro Lime Dressing

Ingredients

- 1 Bunch Cilantro
- 3 cloves garlic
- 1/2 cup yogurt (greek or plain)
- 1/2 teaspoon salt
- 6 tablespoons (3 oz) extra virgin olive oil
- 1 jalapeno
- 3 tbsp fresh lime juice
- 1/4 teaspoon pepper

Instruction: 1 Trim the cilantro of any brown or old leaves. Cut stem off jalapeno remove seeds if want less spicy. Place the cilantro, jalapeno, minced garlic, lime juice, yogurt, salt, and pepper into a blender, and blend until smooth, about 30 seconds. Add the olive oil, and blend for a few seconds, until just incorporated. Taste and make any necessary seasoning adjustments. Then enjoy!

Store leftovers in the refrigerator for up to 5 days.

Great on all salads and grilled chicken.

Source: Dinner Tonight-Texas Agrilife <https://dinnertonight.tamu.edu/recipe/get-cooking-with-herbs/>
and Tips for using herbs by Michigan State Extension

https://www.canr.msu.edu/news/tips_for_using_and_preserving_fresh_herbs

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