

# Parsley

## More Than A Garnish

### **AS AN INGREDIENT**

Add a healthy handful of parsley leaves to a salad or smoothie recipe.

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### **HUMMUS HELPER**

Try some in your favorite hummus recipe for a verdant and herby twist.

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### **GREMOLATA**

Combine 1 cup of chopped fresh parsley, 1 clove minced garlic, and the zest of 2 lemons. Use as a topping for fish, chicken, pasta, and roasted vegetables.

Whether it's flat leaf or curly leaf, both are rich sources of vitamins K and A, and antioxidants. Often used as a garnish, it's also great as an ingredient in many dishes.

