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Ways to Use Parsley

BREAKFAST

Chop a handful to mix into a morning egg, tofu or potato scramble. Use in a smoothie instead of spinach or kale.

BLENDED

Blend into hummus or combine with other stronger herbs like oregano or rosemary for a special pesto.

SOUP OR STEW

Add chopped parsley during the last few minute of simmering soup. Garnish each bowl with another tablespoon.

SANDWICH OR WRAP

Add chopped parsley to mayonnaise, hummus or guacamole and spread on your bread. Sprinkle a layer of chopped parsley before rolling up your wrap.

COMBINATION

Consider parsley as a leafy green vegetable. Add generous amounts to stir fries or rice dishes.

SALAD

Toss chopped parsley with other salad greens. Mix into chicken, tuna, egg or bean salad.

COOKED

Add chopped parsley to meat loaf, meat balls and meat or bean burgers.

