

Coriander– Dhania

Cooking

Fresh coriander (cilantro) should be washed right before using. Coriander seeds can be easily ground with a mortar and pestle.

Ground Coriander is used for curries in Asian cuisine. It is also used with vegetables. Crushed coriander seeds are favorite Greek flavoring for olives. The seeds are used whole for pickling and in drinks, ground for baking, spice mixes and soups, imparting a flavor between sage, caraway, and lemon.

Healthy sauté spinach, fresh garlic and coriander seeds, mix in garbanzo beans, and season with ginger and cumin.

Benefits

- Control of Blood Sugar, Cholesterol and Free Radical Production
- A Phytonutrient-Dense Herb
- Coriander (also called cilantro) contains an antibacterial compound that may prove to be a safe, natural means of fighting Salmonella, a frequent and sometimes deadly cause of food borne illness
- Prevents gas; alleviates cramps and gout
- Coriander, like many spices, contains antioxidants, which can delay or prevent the spoilage of food seasoned with this spice
- Coriander has been used as a folk medicine for the relief of anxiety and insomnia

