



# HSA Recipes

*Coriandrum sativum*

## CILANTRO PESTO

4 cups cilantro (whole leaves, packed)  
1/2 cup extra virgin olive oil  
1/3 cup fresh grated parmesan cheese  
1/3 cup pine nuts

2 cloves garlic  
Juice of one lemon  
1/4 teaspoon salt or more, to taste

Place all ingredients in a food processor. Process until smooth. Makes about 1 cup. Enjoy fresh or freeze for later use.

Tara Coulter  
HSA Staff Librarian

## JALAPENO CILANTRO PESTO

4 cups cilantro (whole leaves, packed)  
1/3 cup extra virgin olive oil  
1/3 cup cotija cheese  
1/8 cup roasted pumpkin seeds

1 deseeded jalapeno pepper  
1 clove garlic  
juice of one lime

Preheat oven to 350 degrees. Lightly coat pumpkin seeds with olive oil and sprinkle with salt. Spread them evenly in one layer across a baking sheet. Roast in oven for about 5 minutes or until lightly browned. (Check frequently and shake the pan to redistribute and prevent burning.) Remove from oven and let cool.

Place all ingredients in food processor and process until smooth. Makes about 1 cup. Enjoy fresh or freeze for later use.

Tara Coulter  
HSA Staff Librarian

## CORN AND BLACK BEAN SALAD

### Salad

2 15-ounce cans black beans, rinsed and drained  
1 ½ cups frozen corn kernels  
1 avocado, peeled, pitted and diced  
2 tomatoes, chopped  
6 green onions, thinly sliced  
½ cup chopped fresh cilantro

### Dressing

⅓ cup fresh lime juice  
¼ cup olive oil  
1 garlic clove, minced  
1 teaspoon salt  
½ teaspoon ground cumin  
⅛ teaspoon ground cayenne pepper

Combine beans, corn, avocado, tomatoes, green onions and cilantro in a medium bowl. Whisk together lime juice, olive oil, garlic, salt, cumin and cayenne pepper. Pour dressing over the salad and stir gently and serve.

Optional variations:

- Add 1 red bell pepper, seeded and chopped
- Substitute basil for cilantro
- Serve as a salad or a taco topping

Karen Kennedy  
HSA Staff Educator

## CILANTRO SALAD DRESSING

1 tablespoon chopped red onion  
1 tablespoon balsamic vinegar  
3 tablespoons red wine vinegar  
1/3 cup olive oil  
2 teaspoons chopped fresh oregano  
1 tablespoons lime juice

½ cup lightly packed cilantro leaves, chopped  
2 tablespoons chopped fresh dill weed  
¼ teaspoon freshly ground black pepper  
¾ cup black olives, pitted and chopped  
1/8 teaspoon crushed red pepper

Whisk all ingredients together until well blended. Store in the refrigerator. Yields 1 ½ cups dressing.

Eleanor Davis, Western Pennsylvania Unit HSA  
*The Essential Guide to Growing and Cooking with Herbs*

## GRILLED PORK BACK RIBS WITH ASIAN GREMOLATA

3 full racks of back ribs  
1 (hand-size) piece fresh ginger, peeled and sliced

Your favorite barbecue sauce  
Gremolata (see below)

Cut racks into 4-6 rib pieces and layer in a large stock pot with the sliced ginger. Cover with water, bring to a boil, and boil for 10 minutes. Turn off the heat and let stand until cool. Place in the refrigerator.

When cold, remove the rendered fat. Place the ribs in a big plastic bag and marinate in your favorite barbecue sauce for 1 hour.

Grill ribs briefly over high heat. Sprinkle with Gremolata and serve. Yields 8-20 servings.

### Asian Gremolata

2 (2-inch) pieces fresh ginger, peeled and cut into small pieces  
½ cup packed cilantro leaves  
1 bunch scallions, cleaned and cut into pieces

Place Gremolata ingredients in a food processor and chop lightly.

Hope Riley, Philadelphia Unit  
*The Essential Guide to Growing and Cooking with Herbs*

*The Herb Society of America's Essential Guide to Growing and Cooking With Herbs*, edited by Katherine K. Schlosser, can be obtained [here](#).