

*A simple guide to*

# PARSLEY



## Curly Parsley

Milder taste & sturdy leaves.  
Great for garnish!



## Flat-Leaf Parsley

Stronger taste & tender leaves.  
Also called Italian Parsley!

## In Season

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May - September

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## How To Select



Choose parsley that is perky & bright green.



Avoid brown, yellow or wilted stems or leaves.

## How To Store

- Cut stems & place in glass with 1 inch water. Cover leaves & stalks with a loose plastic bag. Refrigerate up to 10 days.
- Dried parsley can be stored in an airtight jar up to a year for optimal freshness.

## How To Prepare



*Dried*

Bake parsley at 200°F  
2-4 hours until it crumbles  
easily.



*Fresh*

Chop & add to soups, eggs,  
pasta, stews, casseroles &  
salads!



*Tip:* Save fresh for later! Add chopped parsley to an ice cube tray, cover with olive oil & freeze up to 9 months. Thaw at room temperature & use in soups or salad dressings.

# LEMON PARSLEY CHICKEN SOUP

## Ingredients:

- 2 Tbsp olive oil
- 2 stalks celery, finely chopped
- 2 medium carrots, finely chopped
- 1 small onion, chopped
- 3 cloves garlic, minced
- 2 Tbsp all-purpose flour
- 1 (32 oz) carton low sodium chicken broth
- 1 tsp Italian seasoning
- 1 1/2 lbs boneless, skinless chicken breasts
- 1 cup uncooked orzo pasta
- 1 lemon, juiced
- 1/2 cup chopped parsley

## Preparation:

1. In a large stockpot, heat oil over medium-high. Sauté celery, carrots & onion 5-7 minutes, or until tender.
2. Stir in garlic & cook 30 seconds, then add flour & cook for another minute. Pour in broth & stir until flour has dissolved, then add Italian seasoning & chicken. Bring soup to a boil. Cover, reduce heat & simmer 10 minutes.
3. Stir in orzo & cook 10 minutes, until orzo is cooked through. Stir occasionally to make sure orzo doesn't stick to bottom of pot.
4. Remove chicken from pot & shred using two forks. Add chicken back in, along with lemon juice & parsley. Serve immediately.

35 Min | Serves 6

Nutrition Facts	
6 servings per recipe	
<b>Serving size</b>	(451g)
Amount per serving	
Calories	<b>330</b>
% Daily Value*	
<b>Total Fat</b> 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 85mg	28%
<b>Sodium</b> 115mg	5%
<b>Total Carbohydrate</b> 32g	12%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 32g	
Vitamin D 0mcg	0%
Calcium 44mg	4%
Iron 3mg	15%
Potassium 631mg	15%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are calories & sodium close to a match?

LOW-SODIUM  
1 for 1  
RECIPE

This recipe is 1 for 1 certified & meets a lower sodium standard.

