



Cilantro Mayonnaise



1 cup fresh cilantro leaves, tightly packed
2 TBL minced chives
2 TBL chopped parsley
1 ½ cup mayonnaise
2 TBL chopped onion
2 TSP fresh lemon juice
Combine all ingredients in a blender and process until smooth.

*Servings = 6 (1 TBL per serving)
Nutrition provided from the herbs in this recipe*

330 IU of Vitamin A
3mg of Vitamin C
31 mcg Vitamin K
5 mcg Folate
5 mg Calcium
2 mg Magnesium
3 mg Phosphorus
24 mg Potassium

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