

Your *Healthy* Kitchen



 YAVAPAI REGIONAL
MEDICAL CENTER
Proudly Caring for Western Yavapai County

Cilantro Goes Well with These Foods:

Beans – especially black, pinto and garbanzo beans

Carrots

Cauliflower

Coconut

Corn

Cucumbers

Eggplant

Jicama

Potatoes

Radishes

Spinach

Tomatoes

Winter squash

Zucchini and other summer squash

Grains, including rice and cracked wheat, couscous,
quinoa, rice noodles, soba noodles

***For more healthy recipes,
please visit Your Healthy Kitchen
via www.yrmchealthconnect.org***