

HARVEST OF THE MONTH:

Lemons & Limes



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REASONS TO EAT LEMONS & LIMES

- Fresh lemon and lime pieces, and juice, have vitamin C, which keep your immune system healthy, preventing colds.
- Lemons and limes also have fiber in them, which keeps your digestive system healthy.
- Limes have iron in them, which keeps your muscles healthy.
- Lemons and limes are low in saturated fat and low in sodium.

QUICK SERVING IDEAS

- Place thinly sliced lemons, peel and all, underneath and around fish before cooking. Baking or broiling will soften the slices so that they can be eaten along with the fish.
- Combine lemon juice with olive or flax oil, freshly crushed garlic and pepper to make a light and refreshing salad dressing.
- To decrease salt consumption, serve lemon wedges with meals, as their tartness makes a great salt substitute.
- Add an-easy-to-prepare zing to dinner tonight by tossing: seasoned cooked brown rice with garden peas, chicken pieces, scallions, pumpkin seeds, lime or lime juice and zest.
- Squeeze some lime or lemon juice onto an avocado quarter and eat as is.

QUICK SERVING IDEAS

- Lemons and limes can be stored at room temperature for up to one week.
- They can be stored for two-three weeks in the refrigerator.
- Lemons and limes are often called for in recipes in the form of juice. They will produce more juice when warmer, so always juice them at room temperature, or place them in a bowl of warm water.
- Rolling them under the palm of your hand on a flat surface will also help to extract more juice.
- Before cutting, wash the skin so that any dirt or bacteria residing on the surface will not be transferred to the fruit's interior.

Nutrition Facts

Serving Size 47 g

Amount Per Serving

Calories 12 **Calories from Fat** 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 4g 1%

Dietary Fiber 0g 1%

Sugars 1g

Protein 0g

Vitamin A 0% • Vitamin C 36%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Lemon & Lime Recipes

STRAWBERRY LEMONADE

INGREDIENTS

- 2 ½ cups fresh strawberries, rinsed and tops cut off
- Juice of 4 lemons
- 2 cups cold water
- Ice

DIRECTIONS

Blend strawberries and lemon juice together in a blender. Pour mixture into a pitcher with 2 cups cold water, and plenty of ice. Stir and let sit for 5-10 minutes. Serve! (If needed, sprinkle in some sugar or other favorite sweetener one teaspoon at a time until desired taste.)

LIME CREAM & BUTTERNUT SOUP

INGREDIENTS

- 2 halves roasted butternut squash (flesh scooped out)
- 2 C vegetable broth
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon curry powder
- Salt and pepper

DIRECTIONS

Simmer all ingredients in pot for 10 minutes then blend with a hand mixer. Optional: Add a few tablespoons of half and half. Add a dash of cinnamon and nutmeg. Top soup with Lime Cream:

- 1/2 cup reduced fat sour cream
- 1/4 teaspoon lime zest
- 1 tablespoon lime juice.

Whisk to combine, and serve over butternut squash soup.

BLUEBERRY LEMON PUDDING POPS

INGREDIENTS

- 2 cups cold low-fat milk
- 2 tablespoons corn starch
- 2 tablespoons honey
- 1 teaspoon lemon extract
- 2-4 tablespoons lemon zest
- 3 cups blueberries

DIRECTIONS

In a sauce pan, combine milk and corn starch. Whisk together until no lumps appear. Place the saucepan on the stove top and turn on to medium heat. Add honey, lemon extract and lemon zest. Slowly bring mixture to a boil. Once it begins to boil, stir until mixture begins to thicken (about 4-5 minutes- not too long, as you'll freeze it any way). Once thickened, place as many blueberries into a popsicle mold as you can. Pour pudding mixture over the top. Place popsicle mold in the freezer for 6 or more hours.

LIME GREEN SMOOTHIE

INGREDIENTS

- ½ cup vanilla yogurt
- 1 cup spinach leaves, packed
- 2 teaspoons honey
- ½ banana
- 2 tablespoons fresh lime juice
- ½ teaspoon vanilla extract
- ½ cup low-fat milk
- ½ - 1 cup ice (optional)

DIRECTIONS

Place all ingredients, except the ice, in a blender and puree until blended. Add ice and puree until smooth. Pour into a glass and serve.