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LEMON

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OF THE MONTH

Did you know

- ★ That the lemon originated in China
- ★ Lemonade was a favorite of the Chinese Emperors?
- ★ Lemons made their way to the United States with the help of Catholic Missionaries and were planted in Arizona and California. Today they produce virtually all of the lemons consumed in the U.S. as well as about one-third of those used throughout the world (source The Packer Produce Availability & Merchandising Guide, 1999)

Lemons are valued for their many uses in flavoring the food we eat, as a garnish, and for household purposes.

LEMON

Serving Size 1 - medium (58g/2.1oz)

Amounts Per Serving

Calories 15

% Daily Value

Calories from Fat 0

Total Fat 0g 0%

Sodium 5mg 0%

Potassium 90mg 3%

Total Carbohydrate 5g 2%

Dietary Fiber 1g 4%

Sugars 1g

Protein 0g

Vitamin A 0% Vitamin C 40%

Calcium 2% Iron 0%

Varieties: There are two different

types of lemons which include acid and sweet.

The most common acid varieties include Eurekas and Lisbons.

The acidic type is grown commercially and the sweet types are grown mainly by home gardeners. The trees bloom continuously all year and can produce up to 500 or 600 lemons a year.



Selecting: Lemons should be firm and have a bright yellow color. Avoid soft, shriveled lemons with spots. The best lemons will be fine textured and heavy for their size. Thin skinned fruit tends to have more juice, while fruit that has a greenish cast is likely to be more acidic. 1 medium lemon has about 3 tablespoons of juice and 3 tablespoons of grated peel.

Storing: You may store lemons at room temperature for about 2 weeks. They will keep for up to six weeks in a plastic bag in the refrigerator. Use lemons as quickly as possible after cutting.

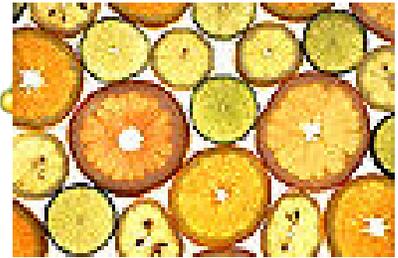
Quick Tips:

- ◆ Freeze lemon juice in ice cube trays for later use
- ◆ Add a twist of lemon to the water in ice cube trays for added zip to beverages
- ◆ Use juice on fruit or white vegetables to help them keep their color
- ◆ Remove odors, such as fish, onion, or bleach by rubbing with fresh lemon
- ◆ Lemon and salt can be used to treat rust spots, and to clean copper pots
- ◆ Get the most juice out of your lemon by warming it in the microwave for 20 seconds or rolling it with you hand on the counter if it is at room temperature
- ◆ Add a few drops of lemon juice to whipping cream if it doesn't stiffen
- ◆ Use lemon to replace salt in your recipes.....makes for less sodium



MAKE LEMON PART OF YOUR 5 A DAY PLAN:

It is easy to include lemons in your 5 A Day Plan. Use lemons in marinates, especially for chicken and fish. Sprinkle lemon juice on top of your favorite steamed vegetables, seafood, and salads. Mix salad dressing with lemon instead of vinegar. Fresh grated lemon peels add that zest to baked goods, fruit salads, desserts, and sauces. Try replacing other fruits with lemon in your next frozen sorbet. You might drink more water during the day if you add some lemon juice to your water bottle, or a slice to your glass of dinner water.



Recipes

Hot Crab Dip

Pita chips are great low-fat dippers for this scrumptious dip. To make the chips, cut 4 pita rounds in half horizontally. Cut each half into 6 wedges. Place in a single layer on an ungreased baking sheet. Bake in a 350° oven 8 to 10 minutes or until crisp.

Nonstick spray coating

1 cup chopped fresh mushrooms

1/2 cup Florida Orange Juice

1/4 cup lemon juice

1 14-ounce can artichoke hearts, well-drained and chopped

2/3 cup fat-free mayonnaise dressing

1/3 cup sliced green onions

1/3 cup grated Parmesan cheese

1/4 cup diced pimiento

1 6-ounce can lump crabmeat, drained, flaked, and cartilage removed

Spray an unheated medium saucepan with nonstick coating. Heat over medium-high heat. Add mushrooms; cook and stir until tender. Remove from heat. Add orange and lemon juice, artichokes, mayonnaise dressing, onions, cheese, and pimiento. Gently fold in crabmeat. Transfer to a 1-quart casserole.

Bake, uncovered, in a 400° oven for 20 to 25 minutes or until bubbly. Cool 5 minutes. Stir before serving. Serve warm with pita chips, vegetable dippers, or assorted crackers. Makes about 3-1/2 cups.

Serves 12.

NUTRITION FACTS PER SERVING: 55 cal., 4 g pro., 7 g carbo., 1 g total fat (1 g sat. fat), 12 mg cholesterol, 1 g dietary fiber, 280 mg sodium. Daily values: 13% vit C.

Tropical Julep with Lemons

3 to 6 large sprigs of fresh mint
2 cups (500ml) white grape juice
juice of 1 lemon
juice of 1 grapefruit
1 cup (250ml) grated fresh pineapple
pinch of salt
2 cups (500ml) ginger ale



Place the mint in the bottom of a pitcher. Gently crush with a wooden spoon, until you can smell the fresh perfume of the mint. Add the grape juice, lemon juice and the grapefruit juice. Stir until well blended, then cover and refrigerate. Also refrigerate the grated fresh pineapple in a covered bowl, as well as the ginger ale. When ready to serve, place 4 or 5 cubes of ice in some tall glasses. Divide the pineapple equally into each glass, then do the same with the refrigerated juice. Fill each glass with ginger ale. Add some sugar if you like the drink sweeter.



Lemonade

Wash a lemon. Remove a small slice from each end. Cut in quarters and place in the blender without peeling. Blend at high speed for 40 seconds. Add 3-4 ice cubes, then blend at low speed. Add 2 cups (500ml) of water and sugar to taste. Serve



Hot Mint & Lemon Drink

1 lemon

1/4 cup mint leaves

4 cups boiling water

Carefully remove rind from lemon and place with the mint into the boiling water. Cover and steep for 5 minutes. Strain mixture and serve immediately. Serves 4

Calories 0 ; Fat 0g; Protein 0g; Carb 0.3g; Fiber 0 gm; Calcium 3mg.

Asparagus with Lemon

Prep: 5 min, Cook: 5 min., Serves 4

- 2 lbs. asparagus, tough ends trimmed
- 2 tsp. olive oil
- 2 Tbs. lemon juice

Place asparagus in a steamer basket over boiling water. Cover saucepan and steam 5 minutes or until bright green and tender.

Rinse asparagus under cold water and drain thoroughly. Combine oil and lemon juice in a bowl. Pour over asparagus. Season with pepper to taste. Serve at room temperature if desired.

Per serving: calories 78, fat 3.0g, 29% calories from fat, cholesterol 0mg, protein 5.9g, carbohydrates 10.6g, fiber 3.8g, sodium 9mg.



Zucchini Parmesan with Lemon

Prep: 5 min, Cook: 5 min.

- 2 lbs. small zucchini
- 1 tsp. olive oil
- 1 tsp. lemon peel, grated
- 2 Tbs. grated Parmesan cheese
- 1/4 tsp. black pepper, freshly ground



Cut zucchini in half crosswise, then cut each half into 4 lengthwise sticks. Heat oil in a heavy nonstick skillet over medium high heat. Sauté zucchini and lemon peel about 3 minutes, stirring frequently, until zucchini is lightly browned. Mix in Parmesan cheese and pepper to taste.

Per serving: calories 61, fat 2.2g, 29% calories from fat, cholesterol 2mg, protein 2.8g, carbohydrates 9.2g, fiber 4.6g, sodium 65mg.

Lemon-Rosemary Rub

Prep: 5 min.

- 1-1/2 tsp. lemon peel, grated
- 1 tsp. dried rosemary leaves, crushed
- 1/4 tsp. salt optional
- 1/4 tsp. coarse ground pepper
- 1/4 tsp. dried thyme leaves
- 2 garlic cloves, minced



Combine all ingredients. Store in an airtight container. Shake before using to blend. Use rub on tender cuts of meat to add flavor. To apply the rub, simply cover the outside surface of the meat with the seasoning blend prior to cooking. Flavors usually become more pronounced the longer the seasoning mixture is on the meat. Makes enough to season 2 lbs. of meat.

Per serving: calories 4, fat 0.1g, 12% calories from fat, cholesterol 0mg, protein 0.1g, carbohydrates 0.9g, fiber 0.2g, sodium 1mg.

Black Bean Salad with Lemon Mustard Vinaigrette

- 2 lbs. canned black beans, rinsed and drained
- 2 Tbs. chopped pimento
- 2 Tbs. parsley
- 1 Tbs. plus 1 tsp. olive oil
- 2 Tbs. lemon juice
- 1-1/2 Tbs. water
- 1/4 tsp. dry mustard
- 1 clove garlic, minced



Combine beans, pimento and parsley in a salad bowl. Combine remaining ingredients and salt and pepper to taste in a jar with a tight fitting lid. Shake vigorously. Pour dressing over beans. **Set aside** 30 minutes before serving.

Per serving: calories 343, fat 5.7g, 15% calories from fat, cholesterol 0mg, protein 20.2g, carbohydrates 55.0g, fiber 20.5g, sodium 4mg.

Lemon Bulgur and Chickpea Pilaf

Prep: 5 min, Cook: 10 min.

- 1 cup bulgur, medium grind
- 2 cups vegetable stock
- 1 tsp. ground cumin
- 1 Tbs. olive oil
- 1 small onion, chopped
- 1 small green bell pepper, chopped
- 3 cloves garlic, minced
- 2 cups canned chickpeas, rinsed and drained
- 1/3 cup fresh lemon juice
- 1 cup fresh parsley, chopped

Place bulgur in a bowl. Bring stock to a boil, add half the cumin, and pour stock over bulgur. Stir once and **let sit** 10-15 minutes, until most of the liquid has been absorbed and bulgur is fluffy. Heat oil in a heavy nonstick skillet over medium heat. Sauté onion, green pepper and half the garlic 3-5 minutes, stirring, until onion is translucent. Add remaining garlic and cumin. Sauté about 30 seconds. Stir in bulgur and chickpeas. Stir together a few minutes. Then add remaining ingredients. Combine well and season with salt and pepper to taste. Serve hot.

Per serving: calories 309, fat 6.2g, 17% calories from fat, cholesterol 0mg, protein 12.9g, carbohydrates 54.8g, fiber 14.7g, sodium 21mg.

Chickpea Dip

3 Cloves garlic
1/4 cup Plain lowfat yogurt
1 T Fresh lemon juice
1 t Olive oil
1/4 t salt & 1/4 t paprika & 1/8 t pepper
1 (19 oz) Can chickpeas, drained

Put all ingredients into a food processor and blend until smooth. Serve at room temperature with pita chips. Yield 2 cups

Lemon Basil Pasta and Shrimp

Prep: 5 min, Cook: 10 min.

- 1/2 lb. linguine or other pasta
- 3/4 lb. cooked shrimp, thawed and drained
- 2 Tbs. unsalted butter, melted
- 1 Tbs. fresh lemon juice
- 1-1/2 tsp. basil leaves
- 3/4 tsp. garlic salt
- 1/4 tsp. black pepper
- 1/4 cup grated Parmesan cheese



Cook pasta in a large pan of boiling water 10 minutes, or until al dente. Add shrimp and drain immediately. Return pasta mixture to pan. Combine next 5 ingredients in a bowl. Toss with cooked pasta and shrimp. Sprinkle cheese over pasta and serve immediately.

Per serving: calories 376, fat 9.5g, 23% calories from fat, cholesterol 186mg, protein 27.8g, carbohydrates 43.3g, fiber 2.5g, sodium 712mg.

Lemon Sole

Prep: 5 min, Cook: 10 min.

- 1 Tbs. plus 1 tsp. unsalted butter, softened
- 1 Tbs. plus 1 tsp. lemon juice
- 1-1/2 Tbs. parsley, minced
- 1-1/2 Tbs. shallots, minced
- 1-1/2 lbs. sole fillets cut into 1/2 inch slices
- vegetable oil spray
- 1/8 tsp. salt optional
- 1/8 tsp. white pepper

Preheat oven to 375°F. Place butter in a mixing bowl and beat until fluffy. Slowly add half the lemon juice. Stir in parsley and shallot. Chill parsley butter until ready to serve. Arrange sole fillets in a shallow baking dish sprayed with vegetable spray. Season with salt and white pepper to taste. **Bake** 8-10 minutes or until fish flakes easily. Drizzle with remaining lemon juice. Serve sole with lemon parsley butter.

Per serving: calories 193, fat 5.9g, 28% calories from fat, cholesterol 92mg, protein 32.2g, carbohydrates 1.2g, fiber 0.1g, sodium 139mg.

Red Snapper with Lemon and Parsley

Prep: 5 min, Cook: 10 min.

- 1 Tbs. plus 1 tsp. olive oil
- 4 6 ounce skinless red snapper fillets
- 1/4 cup lemon juice
- 1/4 cup parsley, chopped



Heat oil in a heavy nonstick skillet over medium high heat. Season snapper with salt and pepper to taste. Sauté snapper 3-4 minutes per side or until fish flakes easily. Carefully transfer fillets to a serving platter. Drain excess drippings from skillet. Stir in lemon juice. Remove from heat and stir in parsley. Serve lemon sauce over red snapper.

Per serving: calories 215, fat 6.8g, 29% calories from fat, cholesterol 63mg, protein 35.0g, carbohydrates 1.6g, fiber 0.2g, sodium 110mg.

Fresh Strawberries with Lemon Cream

Prep: 5 min., Serves 4

- 2 cups plain, vanilla or key lime lowfat yogurt
- 3 Tbs. honey
- 3/4 tsp. lemon zest, grated
- 1 Tbs. plus 1 tsp. lemon juice
- 4 cups strawberries, hulled and halved



Combine first 4 ingredients in a bowl. Serve strawberries in individual serving bowls topped with lemon cream.

Per serving: calories 166, fat 2.3g, 12% calories from fat, cholesterol 7mg, protein 6.9g, carbohydrates 32.0g, fiber 3.9g, sodium 82mg.

Lemon Angel Cake

This recipe serves: 8

Preparation time : 10 minutes

Cooking time : 1 hour

INGREDIENTS

1 cup cake flour

1 1/2 cups superfine granulated sugar

1 1/4 cups egg whites (about 10 large egg whites), at room temperature

1 1/4 teaspoons cream of tartar

1/4 teaspoon salt

1 teaspoon vanilla extract

1 teaspoon grated lemon zest



INSTRUCTIONS

1. Preheat the oven to 350°F.
2. Sift the flour twice with 1/2 cup of the sugar.
3. With an electric mixer on high speed, beat the egg whites, cream of tartar and salt until soft peaks form when the mixer is removed from the batter.
4. Add half of the remaining sugar and beat for 1 minute. Add the remaining sugar, 2 tablespoons at a time, beating after each addition.
5. Stir in the vanilla, and add lemon zest.
6. Fold the flour and sugar mixture into the egg whites, 1/4 cup at a time, until just incorporated.
7. Put the batter in an ungreased 10" tube pan and bake until the cake is a light golden brown and springy to the touch, about 1 hour. Invert the pan and let the cake cool completely before removing from the pan.

NUTRITION FACTS

Serving Size 1 slice (1/14 of cake)

Amount Per Serving

Calories 128

Total Fat 0 g

Saturated Fat 0 g

Protein 3 g

Total Carbohydrate 29 g

Dietary Fiber 0 g

Sodium 78 mg

Percent Calories from Fat 1%

Percent Calories from Protein 10%

Percent Calories from Carbohydrate 89%

This cake can be made in advance, cooled completely and stored in an airtight container for up to 2 days. Add strawberries or fruit or top with the 7-minute frosting that follows.

7-Minute Lemon Icing

Prep: 5 min, Cook: 10 min.

- 2 large egg whites
- 1-1/2 cups granulated sugar
- 3 Tbs. cold water
- 2 Tbs. fresh lemon juice
- 2 Tbs. light corn syrup
- 1 tsp. vanilla extract (optional)
- 1 tsp. lemon zest, grated

Combine all ingredients, except vanilla and lemon zest, in the top of a double boiler or bowl. Bring water in the bottom of the double boiler or saucepan (if using a bowl) to a simmer. Place top of the double boiler or the bowl over the simmering water. Immediately begin whipping mixture 3 minutes with an electric mixer on medium speed. Increase speed to high and beat another 3 minutes. Remove top of double boiler. Add vanilla and lemon zest. Beat 1 minute on high speed until mixture holds stiff peaks and is satiny. Makes enough to fill and frost a double layer 8 or 9 inch cake or the angel food cake.

Per serving: calories 111, fat 0.0g, 0% calories from fat, cholesterol 0mg, protein 0.9g, carbohydrates 27.8g, fiber 0.0g, sodium 16mg.