



~Lemon~



The most commonly used flavoring
after salt and pepper!

Roasted Garlic Lemon Broccoli

- 2 heads broccoli, cut in florets
- 2 teaspoons olive oil
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 1 clove garlic, minced
- Juice of 1 lemon

Preheat oven to 400°.

In large bowl, toss broccoli with olive oil, salt, pepper and garlic. Spread the broccoli out on a baking sheet lined with foil. Bake 15 – 20 minutes or until broccoli is tender and can be pierced with a fork. Remove from baking sheet to serving platter. Squeeze lemon juice liberally over broccoli before serving.

Yield: 6 servings

Lemons
naturally
enhance the
flavors of
food. Try
squeezing a
lemon instead
of using the
saltshaker.

Lemon Orzo Primavera

- 1 tablespoon olive oil
- 1 cup uncooked orzo pasta
- 1 clove garlic, crushed
- 1 medium zucchini, diced
- 1 medium carrot, diced
- 1 (14 oz.) can vegetable broth
- 1 lemon, zested
- 1 tablespoon chopped fresh thyme or 1 teaspoon dried
- ¼ cup grated Parmesan cheese

Heat oil in a pot over medium heat. Stir in orzo and cook 2 minutes, until golden. Stir in garlic, zucchini and carrot. Cook 2 minutes. Pour in broth and mix in lemon zest. Bring to boil. Reduce heat to low and simmer 10 minutes, or until liquid had been absorbed and orzo is tender. Season with thyme and top with Parmesan to serve.

Yield: 4 servings

Lemons are available year round with a peak from April to July.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689 or visit online at <http://www.fns.usda.gov/snap/>. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3572.

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Lemon Chicken Stir Fry



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| 1 lemon | 1 onion, diced |
| ½ cup reduced-sodium chicken broth | 3 cups sliced mushrooms |
| 3 tablespoons soy sauce | 1 cup sliced carrots (1/4 inch thick) |
| 2 teaspoons cornstarch | 2 cups snow peas, stems and strings removed |
| 1 tablespoon canola oil | 1 tablespoon chopped garlic |
| 1 pound boneless skinless chicken breast, cut into 1 inch pieces | |

Grate 1 teaspoon lemon zest and set aside. Juice the lemon and whisk 3 tablespoons of the juice with broth, soy sauce and cornstarch in a small bowl. Set aside.

Heat oil in a large skillet over medium-high heat. Add chicken and cook, stirring occasionally, until cooked through. Transfer chicken to a plate. Add onion, mushrooms, and carrots to the pan and cook until the carrots are just tender, about 5 minutes. Add snow peas and reserved lemon zest. Cook, stirring until fragrant, about 1 minute. Whisk the broth mixture and add to the pan. Cook, stirring until thickened, 2 – 3 minutes. Add chicken and heat through.

Yield: 4 servings

Citrus and Greens

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| 1 – 2 cloves garlic, peeled & finely sliced | Juice of ½ lemon |
| 1 small onion, thinly sliced | Salt and pepper to taste |
| 1 teaspoons canola oil | ¼ cup grated Parmesan cheese |
| 1 bunch kale, tough stems removed and cut in thin ribbons | |

In large skillet, sauté garlic and onion in oil over a medium heat. Add kale and cook until just wilted. Remove from heat. Pour lemon juice over kale and season with salt and pepper. Sprinkle with Parmesan.

Yield: 4 servings

Keep lemons on hand to put in marinades, sauces, salads, or salad dressings, to squeeze on fish, mix into drinks, flavor your veggies and baked goods, and to use as a natural preservative (keep apples and bananas from turning brown).

Adding lemon juice to milk makes a good substitute for buttermilk. Just place 1 tablespoon of lemon juice in a measuring cup and add enough milk to make one cup. Wait five minutes and use the curdled milk as you would buttermilk in your recipe.

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Lemon-Dill Green Beans



- 2 cups green beans, trimmed
- 1 tablespoon chopped fresh dill or 1 teaspoon dried
- 1 tablespoon minced onion
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 teaspoon olive oil

Add green beans to boiling water and cook for 5 – 7 minutes or until tender-crisp. Meanwhile whisk dill, onion, lemon juice, mustard, salt, pepper, and oil in large bowl. Strain beans and add to bowl. Toss to coat.

Yield: 4 servings

Tossed Salad with Citrus Dressing

Salad:

- 4 cups torn fresh spinach
- 4 cups torn leaf lettuce
- 2 (11 oz.) cans mandarin oranges
- ¼ small red onion, thinly sliced
- 2 tablespoons thinly sliced radishes

Dressing:

- ½ cup orange juice
- ¼ cup lemon juice
- ¼ cup olive oil
- ½ teaspoon seasoned salt
- ¼ teaspoon paprika
- Pepper to taste

Toss spinach, lettuce, oranges and radishes in salad bowl. Combine dressing ingredients and whisk together until blended. Serve with salad. Refrigerate leftover dressing.

Yield: 8 servings.

How to choose a lemon:

Choose lemons that are heavy for their size. The heaviness signifies lots of juice.

Lemons should have a smooth, shiny, and firm surface.

Avoid lemons that are wrinkly, soft, have bumpy and/or hard skin.

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