



# ~Limes~



*As important in the kitchen as onions and garlic!*

*Look what you can do with a lime or two!*

## Roasted Chili Lime Potatoes

- 2 teaspoons lime zest
- 2 tablespoons fresh lime juice
- 2 tablespoons olive oil
- ¼ teaspoon chili powder
- ¼ teaspoon garlic powder
- ½ teaspoon onion powder
- Salt and pepper to taste
- 4 medium Yukon gold or russett potatoes, washed and dried
- ¼ cup grated Monterey Jack or cheddar cheese
- 1 tablespoon chopped cilantro

Line a baking sheet with foil and preheat oven to 425°. Place lime zest, lime juice, olive oil, chili powder, garlic powder, onion powder, salt, and pepper in large bowl. Cut potatoes into ½ inch cubes and add them to bowl. Stir potatoes to coat with seasonings. Pour potatoes onto foil-lined pan in a single layer so they are not touching. Bake 20 minutes or until tender when pierced with a fork. Remove from oven, sprinkle with cheese and cilantro. Serve hot.

Yield: 4-6 servings

## Limey Tuna Salad

- 1 (6 oz) can tuna, packed in water
- 1 large celery stalk, chopped fine
- 1 tablespoon minced red onion
- ½ Granny Smith apple, chopped fine
- 2 tablespoons minced flat leaf parsley
- 1 tablespoon fresh lime juice
- ½ teaspoon lime zest
- ¼ cup plain low-fat yogurt

- 1 teaspoon sugar
- ¼ cup chopped walnuts

Combine all ingredients in medium bowl. Serve over bed of lettuce, with whole grain crackers, or as a sandwich spread.

Yield: 2 servings

Limes are a great seasoning for all kinds of foods. They pair especially well with fish, chicken, pork, beef, rice, beans, tomatoes, cilantro, garlic, onions, peppers (hot and mild), and ginger. Try adding the seasoning ingredients from the Roasted Chili Lime Potatoes to rice for a delicious side dish!



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The acid in lime juice makes for an excellent ingredient in dressings, marinades, and glazes. This dressing is very good on salads or as marinade for chicken or beef. It also makes a great glaze for fish.

## Cillantro Lime Dressing

¼ cup fresh lime juice  
2 teaspoons balsamic or cider vinegar  
¼ cup honey  
1 clove garlic  
2 tablespoons minced red onion  
1 jalapeno pepper, seeded and chopped (optional)  
½ teaspoon minced ginger root (optional)  
¼ teaspoon salt  
¼ cup packed cilantro leaves  
½ cup extra virgin olive oil

Combine all ingredients except olive oil in blender. Blend together for a several seconds. With blender running, slowly add olive oil until it is incorporated into the dressing. Serve over salad greens\*.

\* Try adding any of the following to salad to make it a complete meal: frozen corn, black beans, avocado, grilled chicken, Cheddar-jack cheese.

## Black Beans and Rice

2 cups raw brown rice  
4 cups water  
¼ teaspoon salt  
1 (15 oz) can black beans, rinsed and drained  
1 (15 oz) can corn, rinsed and drained  
1 (15 oz) can diced tomatoes  
½ cup red onion, finely chopped  
½ cup packed cilantro, chopped  
1 jalapeno pepper, seeded and finely diced (optional)  
2 tablespoons fresh lime juice  
1 tablespoon olive oil  
½ teaspoon salt  
¼ teaspoon pepper

Cook brown rice in water with ¼ teaspoon salt. In large bowl, combine all ingredients until mixed well. Serve warm or cold.

Yield: 6-8 servings

Serving suggestion: serve in bowls with grated cheese on top, serve with chips as a salsa, serve with tortillas as a burrito or quesadilla filling.



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