



Luscious Lemons

Cut the need for salt

Luscious Lemon Tips

Lemons can add flavor and sparkle to almost any dish. One lemon has about 2 tablespoons of juice. Try these ideas:

- Squeeze a lemon over glazed carrots, broccoli, asparagus or greens to add a pop of flavor before serving.
- Make your own lemonade with fresh squeezed lemons and sugar. Taste as you add sugar, and keep a bit tart.
- Always zest or grate the peel your lemons, and add it to any dish for a subtle zip.
- Save extra lemon peel or zest in your freezer, it can stand in for lemons when you are out.
- When you are out of fresh lemons, keep a bottle or one of those plastic lemons filled with lemon juice in the fridge to use.
- Squeeze lemon wedges over grilled, baked fried or roasted chicken, fish or seafood.
- Mix 1-2 tablespoons of lemon juice with powdered sugar for a great glaze over cookies, angel food cake, quick breads or fresh blueberries.

Use lemons and use less salt!

Using lemons to add and boost flavor is a good tip for anyone, but especially if you are trying to cut down on salt or sodium in your diet. A new study shows that people who use lemons to season their food can cut out three quarters of the salt in their diet and not miss it.

Low in sodium, potassium and phosphorus, lemon juice and lemon zest or peel mixed with fresh or dried herbs are a natural way to fix foods that just taste good.

Two a week!

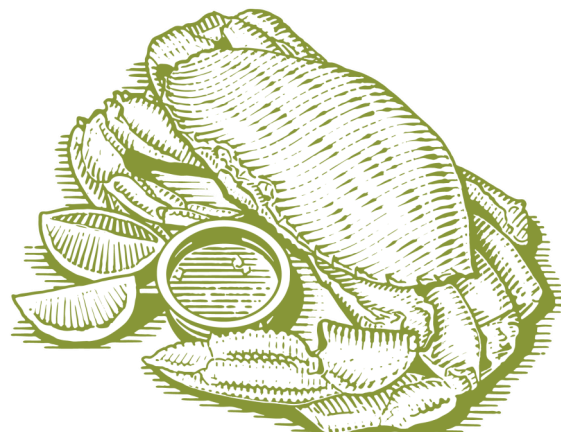
Try adding two lemons to your weekly grocery list. If you don't use one during the week just squeeze out the juice and grate the peel to store in the freezer. Add to a recipe when you need it.

Quench your thirst!

Sour drinks like real lemonade, lemon in ice tea or even chilled lemon water are better at quenching your thirst than sweet sodas or juices. Try lemon in hot tea with honey for a great comfort drink.

Lemon Butter

Mix together 1 cup unsalted butter, 2 tablespoons lemon juice and 2 teaspoons lemon zest. Use on warm dinner rolls, seafood or



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Lemon Honey Salad Dressing

1/4 cup honey

3 tablespoons lemon juice

2 tablespoons vegetable oil

1/2 teaspoon dried basil or 2 teaspoons fresh basil

Pinch of crushed red pepper flakes

Whisk together all ingredients in small bowl until well blended.

Lemon Chicken

1/4 cup olive oil

3 tablespoons chopped garlic

1/3 cup white wine or white cranberry juice

1 tablespoon grated lemon peel

2 tablespoons lemon juice

2 teaspoons dried oregano

1 teaspoon dried thyme

Warm olive oil and garlic over low heat for about 1 minute. Add white wine or white cranberry juice, grated lemon zest, lemon juice, dried oregano and fresh thyme leaves. Pour into a 9 by 12 inch baking dish. Place 4 boneless chicken breasts with the skin on over the sauce skin side up. Brush with olive oil and sprinkle with black pepper. Cut a lemon into 8 wedges and place between the chicken pieces. Bake at 400 degrees for 30 to 40 minutes. If the skin needs more browning place it under the broiler for 2 or 3 minutes. Cover with aluminum foil and allow to rest for 10 minutes before serving. Leftovers can be sliced for chicken sandwiches.

Roasted Asparagus or Brussels Sprouts with Lemon

Toss fresh asparagus or Brussels sprouts with olive oil. Spread out on a baking sheet and roast at 400 degrees about 20 to 30 minutes or until slightly browned. Remove from the oven and add black pepper and a squeeze of lemon juice.

Microwave Lemon Curd

1 cup granulated sugar

3 eggs

2/3 cup fresh lemon juice

3 lemons, zested

1/2 cup butter, melted

In a microwave-safe bowl, whisk together sugar & eggs until smooth. Stir in the lemon juice, lemon zest and butter. Cook in the microwave for one minute intervals, stirring after each minute until the mixture is thick enough to coat the back of a metal spoon. Remove from microwave and pour into small clean jars. Store for up to three weeks in the refrigerator.

