

Fruit of the Month

Lemon



Did You Know

- 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 United States 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.

Selection

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. One medium lemon has about 3 tablespoons of juice and 3 tablespoons of grated peel.

Nutrition Facts

Serving Size (58g)
Servings Per Container

Amount Per Serving

Calories 15 **Calories from Fat 0**
% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 5g **2%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 0g

Vitamin A 0% • Vitamin C 40%

Calcium 2% • 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:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Storage

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

Varieties

There are two different types of lemons – 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.

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 15 seconds or rolling it with your 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....you'll have less sodium.

Make Lemons Part of 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 a glass of water.

Recipes

Hot Crab Dip

Makes 12 servings (3½ cups total)

Each serving equals one 5 A Day serving

Nonstick spray coating

1 cup chopped fresh mushrooms

½ cup Florida Orange Juice

¼ cup lemon juice

1 can (14 ounces) of 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

¼ cup diced pimiento

1 can (6 ounces) of crabmeat, drained, flaked, and cartilage removed

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.

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.

Nutritional analysis per serving: calories 52, protein 5g, fat 1g, percent calories from fat 11%, cholesterol 11mg, carbohydrates 6g, fiber 1g, sodium 286mg

Tropical Julep with Lemons

Makes 4 servings

Each serving equals one 5 A Day serving

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.

Nutritional analysis per serving: calories 129, protein 1g, fat 0g, percent calories from fat 2%, cholesterol 0mg, carbohydrates 33g, fiber 1g, sodium 74mg

Asparagus with Lemon

Makes 4 servings

Each serving equals one 5 A Day serving

2 lbs. asparagus, tough ends trimmed

2 tsp olive oil

2 Tbsp 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.

Nutritional analysis per serving: calories 75, protein 5g, fat 3g, percent calories from fat 28%, cholesterol 0mg, carbohydrates 11g, fiber 5g, sodium 5mg

Zucchini Parmesan with Lemon

Makes 4 servings

Each serving equals one 5 A Day serving

2 lbs. small zucchini

1 tsp olive oil

1 tsp lemon peel, grated

2 Tbsp grated Parmesan cheese

$\frac{1}{4}$ 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.

Nutritional analysis per serving: calories 66, protein 7g, fat 2g, percent calories from fat 25%, cholesterol 0mg, carbohydrates 7g, fiber 3g, sodium 56mg

Black Bean Salad with Lemon Mustard Vinaigrette

Makes 10 servings

Each serving equals one 5 A Day serving

2 lbs. canned black beans, rinsed and drained

2 Tbsp chopped pimento

2 Tbsp parsley

1 Tbsp plus 1 tsp olive oil

2 Tbsp lemon juice

1½ Tbsp water

¼ 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.

Nutritional analysis per serving: calories 69, protein 4g, fat 2g, percent calories from fat 21%, cholesterol 0mg, carbohydrates 13g, fiber 4g, sodium 187mg

Lemon Bulgur and Chickpea Pilaf

Makes 6 servings

Each serving equals one 5 A Day serving

- 1 cup bulgur, medium grind
- 2 cups vegetable stock
- 1 tsp ground cumin
- 1 Tbsp 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 to 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 to 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.

Nutritional analysis per serving: calories 138, protein 6g, fat 4g, percent calories from fat 24%, cholesterol 0mg, carbohydrates 22g, fiber 5g, sodium 444mg

Chickpea Dip

Makes 2 cups

3 Cloves garlic

$\frac{1}{4}$ cup Plain low-fat yogurt

1 Tbsp Fresh lemon juice

1 tsp Olive oil

$\frac{1}{4}$ tsp Salt

$\frac{1}{4}$ tsp paprika

$\frac{1}{8}$ tsp 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.

Nutritional analysis per serving: calories 146, protein 7g, fat 5g, percent calories from fat 30%, cholesterol 0mg, carbohydrates 19g, fiber 4g, sodium 479mg

Lemon Basil Pasta and Shrimp

Makes 4 servings

Each serving equals one 5 A Day serving

- $\frac{1}{2}$ lb. linguine or other pasta
- $\frac{3}{4}$ lb. cooked shrimp, thawed and drained
- 2 Tbsp unsalted butter, melted
- 1 Tbsp fresh lemon juice
- $1\frac{1}{2}$ tsp basil leaves
- $\frac{3}{4}$ tsp garlic salt
- $\frac{1}{4}$ tsp black pepper
- $\frac{1}{4}$ 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.

Nutritional analysis per serving: calories 347, protein 27g, fat 6g, percent calories from fat 17%, cholesterol 139mg, carbohydrates 43, fiber 2g, sodium 406mg

Lemon Sole

Makes 4 servings

Each serving equals one 5 A Day serving

1 Tbsp plus 1 tsp unsalted butter, softened

1 Tbsp plus 1 tsp lemon juice

1½ Tbsp parsley, minced

1½ Tbsp shallots, minced

1½ lbs. sole fillets cut into ½- 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 at 375 degrees 8-10 minutes or until fish flakes easily. Drizzle with remaining lemon juice. Serve sole with lemon parsley butter.

Nutritional analysis per serving: calories 183, protein 32g, fat 5g, percent calories from fat 24%, cholesterol 88mg, carbohydrates 1g, fiber 0g, sodium 198mg

Red Snapper with Lemon and Parsley

Makes 4 servings

Each serving equals one 5 A Day serving

1 Tbsp plus 1 tsp olive oil

4 6-ounce skinless red snapper fillets

$\frac{1}{4}$ cup lemon juice

$\frac{1}{4}$ 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 to 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.

Nutritional analysis per serving: calories 265, protein 45g, fat 8g, percent calories from fat 27%, cholesterol 80mg, carbohydrates 2g, fiber 0g, sodium 100mg

Fresh Strawberries with Lemon Cream

Makes 4 servings

Each serving equals one 5 A Day serving

2 cups plain, vanilla or key lime low-fat yogurt

3 Tbsp honey

$\frac{3}{4}$ tsp lemon zest, grated

1 Tbsp 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.

Nutritional analysis per serving: calories 143, protein 6g, fat 1g, percent calories from fat 3%, cholesterol 3mg, carbohydrates 33g, fiber 3g, sodium 70mg

Lemon Angel Cake

Makes 8 servings

Each serving equals one 5 A Day serving

1 cup cake flour

1½ cups superfine granulated sugar

1¼ cups egg whites (about 10 large egg whites), at room temperature

1¼ teaspoons cream of tartar

¼ teaspoon salt

1 teaspoon vanilla extract

1 teaspoon grated lemon zest

Preheat the oven to 350°F. Sift the flour twice with ½ cup of the sugar. 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. Add half of the remaining sugar and beat for 1 minute. Add the remaining sugar, 2 tablespoons at a time, beating after each addition. Stir in the vanilla, and add lemon zest. Fold the flour and sugar mixture into the egg whites, ¼ cup at a time, until just incorporated. 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.

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.

Nutritional analysis per serving (1/14 of cake): calories 217, protein 5g, percent calories from fat 1%, cholesterol 0mg, carbohydrates 50g, fiber 0g, sodium 122mg

7-Minute Lemon Icing

Makes 8 servings

Each serving equals one 5 A Day serving

2 large egg whites

1- $\frac{1}{2}$ cups granulated sugar

3 Tbsp cold water

2 Tbsp fresh lemon juice

2 Tbsp 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.

Nutritional analysis per serving: calories 166, protein 1g, fat 0g, percent calories from fat 0%, cholesterol 0mg, carbohydrates 42g, fiber 0g, sodium 21mg