

LEMONS



Storage tips: Keep in the crisper drawer or on a shelf in the fridge for about 2 weeks. Place whole lemons in a sealed container or a plastic bag to keep them from drying out. This can keep them fresh for up to a month.

Nutrition benefits: Lemons are a good source of vitamin C and fiber. These nutrients may reduce the risk of heart disease, cancer, anemia, and kidney stones, and support weight loss and digestive health.



WAYS TO ENJOY LEMONS



- 1) Combine lemon zest with sea salt to make an easy "finishing salt" for fish, popcorn, or grilled veggies.
- 2) Whip up a quick vinaigrette with lemon juice for a tangy salad topper.
- 3) Add lemon juice to regular milk to create buttermilk.
- 4) Use the juice to prevent browning on already-cut produce like avocados and apples.
- 5) Add sliced lemons to garnish dishes.



LEMON CURD recipe



Ingredients:

- 1/3 cup granulated sugar
- 1/2 cup fresh lemon juice
- 2 teaspoons lemon zest
- 2 large eggs
- 1/4 cup butter

Directions:

1. In a small saucepan, combine first four ingredients.
2. Add butter and cook over low heat, stirring continuously, until the first bubble appears on surface of mixture and curd is thick enough to hold marks of the whisk (about 6-8 minutes).
3. Place in bowl or jar and put in refrigerator to cool. Curd should last about a week in the fridge.
4. Use to top your favorite desserts, use as pie filling, or enjoy on its own!

Serves 20: nutrition per tablespoon: 34 calories, 3 g fat, 2 g carbs, 0 g fiber, 0 g protein, 19 mg sodium

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