

LIMES



GLEANERS



Storage tips: Store limes on the counter for 3-5 days. To store cut or sliced limes, wrap the cut side in plastic wrap or reusable food wrap or place in a sealed container or bag. Keep in the fridge for 3-5 days. Lime zest can be stored in a container or plastic bag in the fridge for about a week or the freezer for several months.



Nutrition benefits: Limes are high in vitamin C and antioxidants, which help boost immunity, reduce the chance of heart disease, prevent kidney stones, aid iron absorption, and promote healthy skin.



WAYS TO ENJOY LIMES

- 1) Add sliced limes to your water for a flavor boost that can help you stay hydrated.
- 2) Top dishes with lime zest as a bright and tasty garnish.
- 3) Squeeze lime juice into dishes like guacamole, soups, salads, and more for an extra pop of flavor.
- 4) Preserve limes in sugar for a sweet summer treat.
- 5) Remove peel and add to smoothies for a tangy taste.



Visit GleanersNutritionHub.org for more recipe ideas and cooking tips!

EASY LIMEADE

recipe



Ingredients:

- 1/2 cup granulated sugar
- 1 cup warm water
- 6 cups cold water
- 1 1/4 cups lime juice (about 9-10 limes)
- Optional:
 - Ice
 - Fresh mint

Directions:

1. In a large pitcher, stir together sugar and warm water until sugar is dissolved.
2. Add cold water and lime juice and stir until evenly mixed.
3. If desired, pour over ice and top with fresh mint before enjoying.

Serves: 8. Nutrition per 1 cup serving (8 ounces): 30 calories, 0 g protein, 0 g fat, 9 g carbs, 0 g fiber, 5 mg sodium