



## Lemons, Fresh

MyPlate Food Group: **Fruit**



### Nutrition Information

- 1 cup of fresh lemon juice counts as 1 cup of fruit in the ChooseMyPlate.gov Fruit group.
- Lemons are naturally low in fat, sodium, and calories. Lemons do not have cholesterol.
- Lemons are high in Vitamin C. Vitamin C helps to boost the immune system.

### Uses and Tips

- Lemon slices are a great way to add flavor to your drinking water.
- Fresh lemons do not need to be cooked or heated. Rinse lemon before you juice it or add it to a recipe.
- Use fresh lemons as a refreshing alternate for vinegar in salad dressings.
- When lemons are in season they are at their peak flavor and may be less expensive.

### Storing Foods at Home

- Do not wash lemons until ready to eat.
- Ripe lemons should be stored in the refrigerator in a loosely sealed plastic bag.

### MyPlate Facts

- Fiber from fruit helps to keep your heart healthy and reduce cholesterol.
- Fiber is important for bowel function and helps prevent constipation.
- Eating a diet full of fruits and vegetables may reduce the risk for heart disease and may help prevent some cancers.
- All forms of fruit count as part of the Fruit Group. Fruits can be fresh, canned, frozen, or dried!



## USDA Foods

### **Creamy Lemon Chicken**

*Makes 4 servings*

#### **Ingredients:**

- 1 tablespoon oil
- 1 pound boneless, skinless chicken thighs or breasts
- 2 cloves garlic, finely chopped
- 1 cup chicken broth (or use 1 cup water and 1 cube of chicken bouillon)
- 1 teaspoon dried thyme or oregano
- 1 lemon, cut into ¼-inch slices
- ½ cup plain yogurt, low-fat
- 1 tablespoon honey

**Directions:** Wash hands with soap and water.

1. Heat oil in a pan. Add chicken and cook on both sides until lightly browned. Add garlic and cook for one more minute.
2. Add the broth, herbs, and lemon slices. Simmer for 15-20 minutes or until chicken is cooked through. Remove chicken and whisk in yogurt and honey. Simmer until reduced and slightly thickened.
3. Replace chicken and reheat.
4. Serve over cooked whole wheat pasta or brown rice.

*Recipe adapted from Knorr*

### **Crispy Baked Fish Sticks**

*Makes 4 servings*

#### **Ingredients:**

- non-stick cooking spray
- 1 lemon
- 2 large eggs
- 1 tablespoon Dijon mustard
- 1 cup whole-wheat saltine crackers (about 28 crackers), crushed
- 2 teaspoons Cajun Seasoning
- 2 teaspoons dried parsley
- 1 pound white fish fillets (cod, tilapia, catfish), cut into 2 inch strips

**Directions:** Wash hands with soap and water.

1. Preheat oven to 450 degrees F. Cover a large baking sheet with foil and lightly coat with cooking spray.
2. Cut lemon in half. Juice half the lemon and reserve the other half for later.
3. In a medium bowl, add eggs, mustard, and lemon juice. Whisk together.
4. In another medium bowl, add crackers, Cajun seasoning, and parsley. Mix well.
5. Pat fish dry with paper towels, dip into egg mixture, and coat with cracker mixture. Place coated fish on baking sheet. Lightly coat tops with cooking spray. Bake 10-12 minutes or until crumbs are golden brown and the fish is cooked through.
6. Cut remaining lemon half into 4 wedges and serve with baked fish.

*Recipe adapted from The Oklahoma Nutrition Information and Education Project*