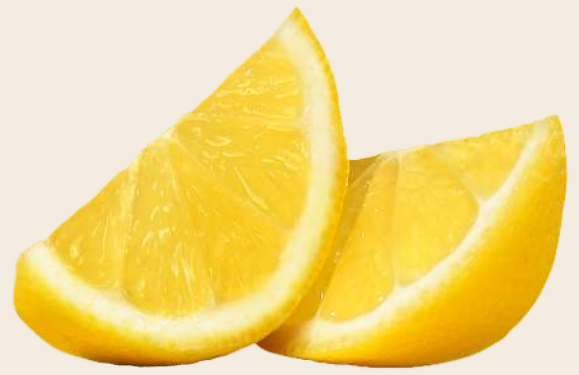


# Lemons

## JUICY, TART, BETTER FOR YOUR HEART



The average North American consumes nearly **twice the recommended amount of sodium**.<sup>1</sup> Luckily, there is an alternative that can help **reduce sodium** and **improve flavor**.



Recent research by a master chef at Johnson & Wales University revealed that **Sunkist® lemons** could be used to **reduce salt** in recipes **up to 75%** and found an **optimal blend for any recipe**.

### WHY ADD JUICE LAST?

- More flavorful punch
- Green vegetables keep color better
- Protects the texture of meats

While the optimal blend works for any recipe, avid home chefs who want to put their best plate forward can **follow these specific Sunkist® lemon substitutions in recipes calling for salt**:

## Optimal Blend

For 2-4 serving recipes calling for salt, reduce salt by using this blend.

### BEFORE/DURING COOKING

1/4 tsp salt  
1/2 tsp Sunkist lemon zest

**FINISH WITH**  
2 1/2 tsp Sunkist lemon juice



### Best Timing

**Zest:** add before or during cooking  
**Juice:** add after cooking

For this dish:	If original recipe calls for:	Then replace with:	It will reduce sodium by:
Vegetables	1 tsp salt	1/4 tsp salt +  1/2 tsp zest +  2 1/2 tsp juice	75%
Pork	1 tsp salt	1/2 tsp salt +  1 tsp zest +  5 tsp juice	50%
Fish	1 tsp salt	2/3 tsp salt +  1 1/3 tsp zest +  2 2/3 tsp juice	30%
Dressing	1 tsp salt	2/3 tsp salt +  1 1/3 tsp zest	30%
Grains	1 tsp salt		
Soups	1 tsp salt		
Beef	1 tsp salt		
Chicken	1 tsp salt		

<sup>1</sup>Sources: 2015-2020 Dietary Guidelines for Americans: Government



For more information, resources and recipes, please visit [sunkist.com/nutrition/lemons](https://sunkist.com/nutrition/lemons)

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# CITRUS TERIYAKI *Salmon*

**SERVINGS:** 4

## **INGREDIENTS:**

### **MARINADE**

- 1/2 cup freshly squeezed Sunkist® orange juice
- 2 tablespoons freshly squeezed Sunkist® lemon juice
- 1/2 cup soy sauce
- 1/4 cup brown sugar, packed
- 1 tablespoon minced fresh ginger
- 1 tablespoon minced fresh garlic
- 1/4 teaspoon red pepper flakes
- 1 tablespoon sesame oil
- 2 teaspoons cornstarch

### **SALMON**

- 4 salmon fillets (4-6 ounces each)
- Canola oil
- 1 Sunkist® lemon cut into quarters
- 1 Sunkist® orange cut into quarters



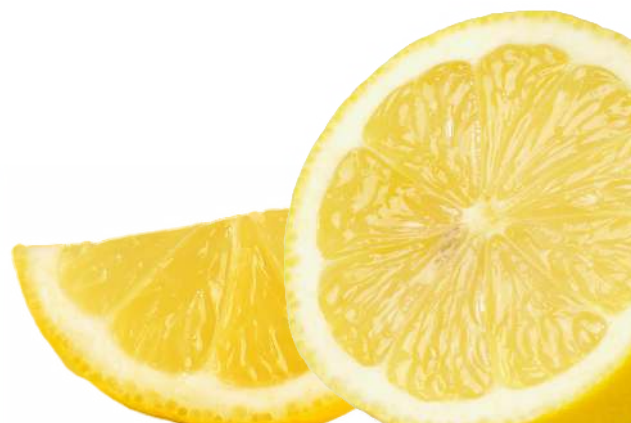
## **DIRECTIONS:**

### **MARINADE**

1. Combine the Sunkist® orange and lemon juice, soy sauce, brown sugar, ginger, garlic, red pepper flakes and sesame oil in a bowl and whisk until brown sugar is dissolved.
2. Put the salmon in a large sealable plastic bag and add the marinade, making sure to coat all sides.
3. Refrigerate for no more than 1 hour.
4. To make the sauce, remove the fish from the marinade.
5. Place the excess marinade into a small sauce pan and whisk in the cornstarch.
6. Cook over medium low heat, whisking often until it comes to a simmer and is thickened.
7. Remove from heat and set aside.

### **SALMON**

1. Preheat an oven to 400°F.
2. Heat a large, ovenproof nonstick skillet with a little oil over medium high heat, until the pan is hot.
3. Add the salmon skin side up for about 1 minute then flip salmon over.
4. Add the citrus wedges to the pan around the salmon, then transfer the skillet to the preheated oven.
5. Cook for about 4 minutes or until salmon is just done, depending on the thickness of the fish.
6. Serve the salmon drizzled with the thickened marinade and oven roasted citrus on the side to squeeze over fish.





# CRISPY LEMON *Roasted Potatoes*

**SERVINGS:** 4

**INGREDIENTS:**

2 pounds baby golden potatoes  
(or any variety), diced into  
quarters or halves

1 Sunkist® lemon

1/4 cups fresh squeezed  
Sunkist® lemon juice (about 2  
Sunkist® lemons)

2 tablespoons olive oil

1/2 teaspoon garlic powder or 1  
teaspoon grated fresh garlic

1 teaspoon mustard

3 sprigs fresh rosemary

Flaky sea salt

**DIRECTIONS:**

1. Preheat the oven to 425 degrees F. Use the convection setting if you have it. Line a baking sheet with parchment paper.
2. Bring a large pot of water to boil. Add 1 teaspoon baking soda. Once boiling, add potatoes and immediately set timer for 5 minutes.
3. While potatoes boil, make the lemon dressing by whisking together 1/4 cup Sunkist lemon juice, olive oil, mustard, and garlic. Set aside.
4. Check potatoes at 5 minutes. Cook potatoes until tender enough to poke with a fork. Once cooked, strain potatoes and pat dry with a towel.
5. Place potatoes back in the pot and gently toss with lemon dressing until mixed well.
6. Place potatoes onto the lined baking sheet. Make sure the potatoes are not touching.
7. Roast potatoes in oven for 30-35 minutes. Flip after 15 minutes for extra crispy potatoes. Cook until the edges are golden and crispy.
8. Remove from oven and sprinkle generously with sea salt, rosemary and a squeeze of fresh Sunkist lemon. Serve immediately.







# LEMONY ROASTED Cauliflower with Pesto

**SERVINGS:** 4

**INGREDIENTS:**

- 2 Sunkist® lemons
- 1 large head cauliflower
- 1 tablespoon olive oil
- 1/3 purchased basil pesto

# SPICY LEMON Cheese Dip

**SERVINGS:** 2

**INGREDIENTS:**

- 1 Sunkist® lemon, zested
- 1/2 cup Sunkist® lemon juice
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 2 cups cottage cheese
- 1 splash of hot sauce, add more to taste
- 1 pinch of salt



**DIRECTIONS:**

1. Preheat oven to 400°F.
2. Juice and zest one lemon and set aside. Cut the other lemon into wedges for garnishing, and set aside.
3. Cut the core out of the cauliflower, and then break or cut into medium size florets. Place in a large bowl and drizzle with the lemon juice and olive oil. Toss to coat well and season with salt and pepper to taste.
4. Lay out cauliflower in a single layer, on a non-stick baking sheet pan (reserve the bowl).
5. Roast for about 12- 15 minutes or until just tender.
6. Meanwhile whisk the lemon zest and the pesto together in the reserved bowl. Add additional pesto to taste.
7. Remove the cauliflower from the baking pan with a spatula and add it to the pesto bowl. Toss gently. Serve immediately with lemon wedges for squeezing.

**DIRECTIONS:**

1. Add all ingredients into a blender and blend until smooth.
2. Add more lemon juice to taste, as needed.
3. Refrigerate until ready to serve.



For more information, resources and recipes, please visit [sunkist.com/nutrition/lemons](http://sunkist.com/nutrition/lemons)

