

12 Great Ways to Use...

Citrus

Citrus is a healthy and delicious part of the Mediterranean Diet, filled with cancer-fighting flavonoids, and loaded with vitamins and minerals. As with herbs and spices, citrus offers a sodium-free way to flavor foods. Experiment with all sorts of citrus. From tart limes and tangy tangelos to sour lemons and sweet navel oranges, citrus brightens our lives (and our cooking!).

- 1.** Citrus mixed with greens make for a fantastic salad. Mix orange or grapefruit slices with your favorite greens, onions, and nuts.
- 2.** Make a citrus vinaigrette using the juice of lemons and/or oranges, mixed with garlic or shallots and extra-virgin olive oil, salt, and pepper.
- 3.** Citrus is the secret to ceviche. Marinate a pound of scallops in the juice of 3 limes and 3 lemons in a refrigerator for six hours. Then drain the lemon-lime juice and add extra-virgin olive oil, tomatoes, parsley, cilantro, oregano, and pepper. Serve with avocado slices.
- 4.** Citrus is a great partner for poultry. Baste chicken breasts or thighs with a mixture of lemon juice, lemon zest, white wine, salt, pepper and your favorite spices. Bake topped with thin slices of lemon.
- 5.** Instead of fruit salad, focus only on citrus and combine a variety of fruits (oranges, clementines, grapefruit, tangerines), accompanied by sprigs of mint.
- 6.** For a dramatic dessert, scoop out the insides of oranges, and fill with store bought or homemade orange sorbet. For homemade orange sorbet, make a mixture of 4 parts juice, 1 part sugar, then heat until the sugar dissolves. Pour the mixture into a pan, cover, and freeze until firm. Serve in chunks or place inside the scooped out orange.
- 7.** Lemon and herbs go nicely with pasta. Make a sauce of the zest and juice of 2 lemons, a garlic clove, chopped chives and chopped parsley and 2 tablespoons of extra- virgin olive oil. Boil angel hair pasta until al dente, drain, add 3 tablespoons of extra- virgin olive oil, and then swirl in the lemon sauce.
- 8.** For a double citrus dessert, make a citrus pound cake, topped by a tart citrus glaze.
- 9.** Fish and citrus are natural companions. Sole meunière is a classic French fish dish using the juice of a lemon as the base for a sauce. Try a fresh citrus juice marinade or a citrus-soy sauce marinade on firm-fleshed fish.
- 10.** Citrus complements the taste of many vegetables. Think lemons and broccoli, beets and oranges, artichokes and lemons, or lime- marinated vegetable kebobs.
- 11.** Candied citrus peels are incredibly delicious. This Mediterranean treat can be eaten alone or as a topping for fresh citrus or other desserts. Boil citrus peels in water three times and set aside. Boil equal parts of water and sugar (2 cups each), and then drop the peels into the sugar water mixture until the white pith is translucent. Store in the refrigerator or dry.
- 12.** Citrus is a perfect ingredient for smoothies, coolers, and frozen drinks, alcoholic or non-alcoholic. Mix with other fruits, fizzy water, wine or alcohol for refreshing drinks.



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