

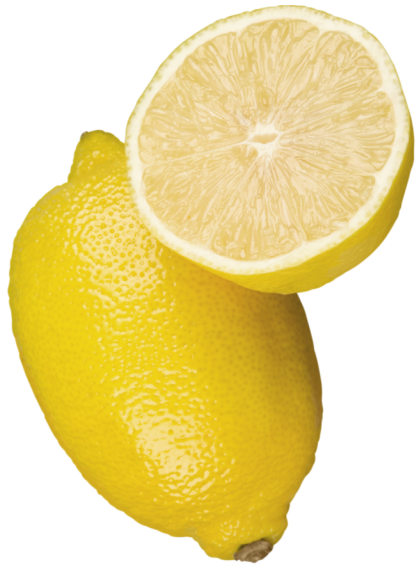
# Lemon

## Fruit - Citrus

### Food Facts

**Serving Size = 1 lemon**

- **Citrus** - Citrus fruits grow on trees and have an outer skin that must be peeled.
- **Storage** - Store them at room temperature for 5-7 days or refrigerate for up to 3 weeks.
- **Nutrition** - Lemons are high in Vitamin C!



### How to Use

- **Zest It** - The oils and aromas of lemon zest can be one of your best friends in the kitchen.
- **Squeeze It** - Lemon juice can freshen up dishes, dressings, and juices

# Pasta with Lemon

Serves: 8



## Ingredients

**1 pound** - Whole Wheat Pasta

**1/2 cup** - Lemon Juice

**1 tablespoon** - Lemon Zest  
(optional)

**1/2 cup** - Olive Oil

**1/3 cup** - Basil, chopped  
(optional)

**2/3 cup** - Parmesan Cheese,  
grated (optional)

**1/2 teaspoon** - Salt

## Instructions

1. Boil pasta with salt according to package directions.
2. Zest the lemon before juicing (optional). In a small bowl, whisk together lemon juice, olive oil, grated parmesan (optional), chopped basil (optional) and lemon zest (optional) with small whisk or fork.
3. Toss lemon mixture with cooked pasta.

### Nutrition Facts

Serving Size 0.75 cup

Serving Per Container 8

Amount Per Serving

**Calories 372.5**

% Daily Value\*

**Total Fat 17.8 g** 23%

Saturated Fat 4.1 g 21%

**Sodium 634.9 mg** 28%

**Total Carbohydrate 44.2 g** 16%

Dietary Fiber 4.9 g 18%

**Protein 13 g**

\* Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs:

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