



## FLAVOR ENHANCER

# lime

Limes are a great substitute for salt, because they contain almost no sodium. They are often used to accent the flavors of foods and beverages and are high in vitamin C.

### DID YOU KNOW?



- Limes have very little natural sugar in them. A whole lime contains about a gram of sugar.
- You can use lime juice to cover sliced avocados, bananas, peaches, pears or apples to prevent oxidation (browning).
- There are two general varieties of sour limes available, the Tahitian and the key lime.
- Limes increase in weight after they are picked.

### WELLNESS TIP

Take the stairs as often as possible. Every time you make the decision to skip the elevator or escalator, you are making a decision that will positively affect your long-term health.

### SHOPPING, PREPARING AND STORING



- Look for limes that are firm, heavy for their size and have smooth, shiny skins that are free from decay.
- Refrigerated limes will stay fresh for about two weeks.
- Lime juice can be frozen and stored for later use.

### COOKING TIPS



- Limes can be substituted for lemons in a recipe. Use 2/3-3/4 cup of lime juice for 1 cup of lemon juice due to the higher acidity of limes.
- Limes will produce more juice when they are warmer. Always juice limes when they are at room temperature or place them in a bowl of warm water for several minutes.

### FRUIT KABOBS WITH LIME CREAM

serves 8

- 1 cup low-fat sour cream
- 1/2 cup honey
- 1 lime, juiced
- 1 teaspoon lime zest
- 1/2 honeydew melon, peeled, seeded and cubed
- 1/2 cantaloupe melon, peeled, seeded and cubed
- 2 mangos, peeled, seeded and cubed
- 2 kiwis, peeled and cubed
- 16 (6-inch) bamboo skewers



1. In a mixing bowl, combine sour cream, honey, lime juice and zest to form the lime cream dip.
2. Arrange cut fruit on the skewers in an alternating fashion.
3. Repeat until all cut fruit is on the skewers.
4. Serve chilled with lime cream.

Recipe adapted from Chef Justin Timineri, C.E.C., Florida Department of Agriculture and Consumer Services

Calories: 167; Total Fat: 3 g; Saturated Fat: 1.5 g; Total Carbohydrates: 36 g; Protein: 2 g; Sodium: 38 mg



### CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.



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