



The Better Way  
to Lemon™  
RECIPE COLLECTION

# Table of Contents

Almond Chicken with True Lemon® Cream. . . . .	3	Peach Green Tea Punch . . . . .	17
Angel Hair with True Lemon® Garlic Sauce . . . . .	4	True Lemon® Sautéed Shrimp with Olive Oil . . . . .	18
Asparagus Tips with True Lemon® Butter . . . . .	5	Sun Tea . . . . .	19
Baked True Lemon® Chicken . . . . .	6	True Lemon® and Olive Oil Herb Marinade . . . . .	20
Citrus Rub . . . . .	7	True Lemon® Chicken Divan . . . . .	21
Citrus Steaks with Special Rub. . . . .	8	True Lemon® Chicken Rice Soup . . . . .	22
Cucumber, Jicama & Orange Salad. . . . .	9	True Lemon® Chicken Salad . . . . .	23
Cucumbers in True Lemon® Cream Sauce . . . . .	10	True Lemon® Cookies . . . . .	24
Dry Spice Rub for Chicken and Pork . . . . .	11	DITK™ Creamy True Lemon® Dill Dipping Sauce. . . . .	25
Garlic Lemon-Lime Salmon . . . . .	12	True Lemon® Herb Salmon . . . . .	26
Lemon Chicken . . . . .	13	True Lemon® Lemonade (by the Pitcher). . . . .	27
Lemon Roll with Blueberries. . . . .	14	True Lemon® Mini-Cheesecakes . . . . .	28
Lemon Smoothie . . . . .	15	True Lemon® Muffins. . . . .	29
Linguine Vegetable Salad with True Lemon® Dressing . . . . .	16	True Lemon® Pound Cake . . . . .	30

# Almond Chicken with True Lemon® Cream

## CHICKEN

4 to 6 pieces boneless chicken breast (about 1½ lbs)

½ cup all-purpose flour

2 eggs

½ tsp salt

¼ tsp pepper

2 cup fresh bread crumbs

1½ cups almonds, toasted finely chopped

2 Tbsp unsalted butter

2 Tbsp vegetable oil

## SAUCE

4 packets True Lemon®

2 Tbsp water

1 Tbsp grainy style or Dijon mustard

½ cup whipping cream

## DIRECTIONS

- 1 Pat chicken pieces dry. Pound chicken thin. Cover chicken with flour and shake off any excess.
- 2 Combine eggs with salt and pepper.
- 3 In another dish, combine bread crumbs and almonds.
- 4 Dip chicken into egg mixture, then pat crumb mixture onto chicken breasts.
- 5 Arrange in one layer, on a cookie sheet or tray and refrigerate until ready to cook.
- 6 Heat butter and oil in a large skillet. Add chicken breasts.
- 7 Cook gently 5 to 6 minutes on each side, until lightly browned and chicken is cooked through.
- 8 Remove to a serving platter and keep warm at 200°F, while preparing sauce.

## SAUCE DIRECTIONS

- 1 Wipe pan clean and return to heat.
- 2 Add True Lemon® with water. Mix together, then add mustard and cream.
- 3 Bring to a boil.
- 4 Reduce until slightly thickened.
- 5 Drizzle over chicken breasts.



For more information, call 1-866-885-3666 or visit [www.truelemon.com](http://www.truelemon.com)

# Angel Hair with True Lemon® Garlic Sauce

## INGREDIENTS

1 tsp olive oil  
2 garlic cloves, peeled and minced  
½ cup dry white wine  
8 packets True Lemon®  
¼ cup water  
1 cup fresh tomato (1 medium), chopped  
4 oz angel hair pasta  
¼ cup fresh basil, chopped  
2 Tbsp Parmesan cheese  
Grated black pepper

## DIRECTIONS

- 1 Bring a large pot of water to a boil over high heat and maintain boil.
- 2 Put the olive oil and garlic in a sauté pan and cook over medium heat, just until the garlic begins to brown.
- 3 Remove the sauté pan from the heat and pour in the wine.
- 4 Return it to the heat.
- 5 Cook for another 1 to 2 minutes, until the wine has been reduced by half.
- 6 In a small bowl, mix together True Lemon® and water to make lemon juice.
- 7 Add True Lemon® juice and tomato to sauté pan and stir.
- 8 Remove the pan from the heat.
- 9 Place pasta in the boiling water and cook to desired tenderness (30 seconds to 1 minute).
- 10 Drain the pasta and put it into a warm serving bowl.
- 11 Add the basil, Parmesan cheese, and black pepper, along with the tomato mixture.
- 12 Toss and serve immediately.



For more information, call 1-866-885-3666 or visit [www.truelemon.com](http://www.truelemon.com)

# Asparagus Tips with True Lemon® Butter

## INGREDIENTS

- 1 lb asparagus (one bunch)
- 1½ Tbsp olive oil
- 1 Tbsp melted butter
- Pinch of kosher salt
- 1 Tbsp water
- 2 packets True Lemon®

## DIRECTIONS

- 1 Roast asparagus at 400°F for 12 to 15 minutes.
- 2 Drizzle before serving.



For more information, call 1-866-885-3666 or visit [www.truelemon.com](http://www.truelemon.com)

# Baked True Lemon® Chicken

## CHICKEN

- 4 boneless chicken breasts
- 1 stick butter
- ½ cup flour

## TRUE LEMON® BASTE

- 12 packets of True Lemon®
- ½ cup onion, minced
- 1 clove garlic, minced
- 1 tsp salt
- 1 tsp pepper

## DIRECTIONS

- 1 Pound the chicken breasts.
- 2 Dredge with flour.
- 3 Melt the butter in a baking pan.
- 4 Coat chicken on all sides.
- 5 Bake at 375°F, brushing with pan drippings for 30 minutes.
- 6 While chicken is cooking, in a small bowl, mix True Lemon®, minced onion, garlic and salt and pepper. Add a ⅓ cup of water if mixture is too dry.
- 7 Brush chicken with part of baste and bake, brushing with the remaining base for 30 minutes longer or until done.
- 8 Serve with rice and vegetables.

**Yields** 4 servings



For more information, call 1-866-885-3666 or visit [www.truelemon.com](http://www.truelemon.com)

# Citrus Rub

1 lb. skinless, boneless chicken breast, lightly pounded and cut into 4 ounce portions

## RUB

Grated zest of 1 orange

1 tsp True Lemon®

1 tsp True Lime™

2 Tbsp brown sugar

1 Tbsp onion, minced

1 Tbsp garlic, minced

1 Tbsp fresh dill, chopped

¼ tsp kosher salt

Freshly ground black pepper

1 Tbsp olive oil

½ orange to squeeze over chicken

¼ cup freshly squeezed orange juice

1 tsp True Lemon® (or 2 packets)

1 tsp True Lime™ (or 2 packets)

## DIRECTIONS

- 1 Combine ingredients for rub in small bowl. Reserve 1 Tbsp rub.
- 2 Rub mixture into chicken on both sides.
- 3 Wrap in plastic wrap and refrigerate for minimum 1 hour.
- 4 Drizzle olive oil into large baking pan.
- 5 Place chicken in pan; bake for 20 minutes; squeeze juice of ½ orange over chicken and turn. Cook 10 more minutes until done.
- 6 Remove chicken from pan and cover with foil.
- 7 In small bowl whisk together reserved 1 Tbsp rub with orange juice and remaining True Lemon® & True Lime™. Heat in small saucepan over medium heat for 3 minutes.
- 8 Drizzle juice mixture over chicken and serve immediately.

**Yields** 4 to 5 servings

Recipe courtesy of Diane M. Henderiks, R.D., Dietitian in the Kitchen™



For more information, call 1-866-885-3666 or visit [www.truelemon.com](http://www.truelemon.com)

# Citrus Steaks with Special Rub

## RUB

6 to 10 oz sirloin steak  
(or your favorite cut)

3 packets True Lemon®  
or True Lime™

1 Tbsp coarsely ground  
black pepper

¼ tsp dried thyme

¼ tsp garlic powder

¼ tsp sweet paprika

¼ tsp dark brown sugar

## SAUCE

1 stick butter

½ Tbsp of rub

## DIRECTIONS

- 1 First prepare the rub: thoroughly mix all dry ingredients in a shaker bottle (store unused rub in an airtight container).
- 2 Generously coat steaks with rub and let stand for at least 30 minutes.
- 3 Grill steaks to preference and serve.

## SAUCE DIRECTIONS

- 1 Melt the stick of butter.
- 2 Blend in ½ Tbsp of the rub.

**Yields** 2 servings

Recipe courtesy of Pat Fox, Houston, Texas

**This** recipe is also good on chops, chicken, or hearty fish like salmon.  
Real fans of spice may add ⅛ tsp jalapeno powder or chipotle powder.



For more information, call 1-866-885-3666 or visit [www.truelemon.com](http://www.truelemon.com)

# Cucumber, Jicama & Orange Salad

## SALAD

1 medium jicama bulb; peeled, cut in 2" batons

2 large cucumbers, peeled, cut in 2" batons

1 medium red onion, sliced

1½ cups orange segments

1 jalapeño; ribs & seeds removed, finely chopped

## DRESSING

½ cup fresh squeezed orange juice

1 tsp True Lemon® (or 2 packets)

2 medium garlic cloves, minced

2 Tbsp fresh mint leaves, chopped

1 Tbsp white balsamic vinegar

½ cup olive oil

Freshly ground black pepper

## DIRECTIONS

**1** Combine all ingredients for dressing in a bowl whisk vigorously.

**2** Place all ingredients for salad in large bowl and toss well.

**3** Drizzle one half of dressing over salad and toss well.

**4** Add remaining dressing as needed and retoss.

**Yields** 3 to 4 servings

Recipe courtesy of Diane M. Henderiks, R.D., Dietitian in the Kitchen™



For more information, call 1-866-885-3666 or visit [www.truelemon.com](http://www.truelemon.com)

# Cucumbers in True Lemon® Cream Sauce

## INGREDIENTS

½ cup sour cream  
½ cup buttermilk  
½ tsp kosher salt  
Black pepper  
6 packets True Lemon®  
2 tsp sugar  
1 Tbsp dried chives  
4 cucumbers, peeled and sliced thin

## DIRECTIONS

- 1 Whisk together all ingredients except cucumbers.
- 2 Place cucumbers in 9" x 12" dish and pour cream sauce over cucumbers.
- 3 Chill for 1 hour or until serving time.



For more information, call 1-866-885-3666 or visit [www.truelemon.com](http://www.truelemon.com)

# Dry Spice Rub for Chicken and Pork

## INGREDIENTS

- 1 Tbsp smoked paprika
- 2 Tbsp dark brown sugar
- ½ tsp ground black pepper
- ½ tsp ground coriander
- ½ tsp chili powder, sweet or hot
- ½ tsp oregano
- 1 tsp kosher salt
- ⅛ tsp ground cumin
- ⅛ tsp cayenne pepper
- ¼ tsp dried, granulated garlic
- 1 packet of True Lemon®

## DIRECTIONS

- 1 Mix all ingredients well. Store in an air tight container up to 6 months.
- 2 This dry spice rub is good on chicken or pork. It will cover 3 lbs of chicken or 3 full slabs of pork ribs.
- 3 Rub on boneless, skinless chicken breast in the morning before going to work. In the evening it is an easy and quick entree to fix, either on the grill or baked in the oven.

**Yields** 6 servings

Recipe courtesy of Lori Wentling, Fairfield, Ohio



For more information, call 1-866-885-3666 or visit [www.truelemon.com](http://www.truelemon.com)

# Garlic Lemon-Lime Salmon

## INGREDIENTS

- ½ cup vegetable oil
- 1 medium onion, diced
- 2 Tbsp lime juice
- 3 packets True Lemon®
- 1 garlic clove, minced
- 2 salmon fillets (about 1 ½ lbs each)
- Lime slices, optional

## DIRECTIONS

- 1 In a jar with a tight-fitting lid, combine the first five ingredients; shake well.
- 2 Broil salmon, skin side down, 4 to 6 inches from the heat for 20 minutes or until fish flakes easily with a fork, basting every 5 minutes with lemon-lime mixture.
- 3 Garnish with lime slices if desired.

**Yields** 6 servings

Adapted from *Taste of Home's Quick Cooking* magazine



For more information, call 1-866-885-3666 or visit [www.truelemon.com](http://www.truelemon.com)

# Lemon Chicken

## INGREDIENTS

1 Package of chicken breasts  
(remove skin and fat, prior  
to baking)

1 Tbsp soy-based chicken  
seasoning

2 packets True Lemon® (for up  
to 4 chicken breasts)

1 tsp poultry seasoning

1 tsp granulated garlic

1 tsp sea salt

1 tsp either lemon pepper or  
regular pepper, medium grind

1 Tbsp extra virgin olive oil

Water

## DIRECTIONS

- 1 Take a small knife and make a sideways slit into each chicken breast.
- 2 Place chicken in a 9" x 13" baking dish (slit sides of chicken facing up).
- 3 Pour just enough water over the chicken so as to soak the herbs while baking.
- 4 Pour olive oil over the cuts in the chicken.
- 5 Sprinkle remaining ingredients over the chicken.
- 6 Cover and let sit in the refrigerator for one day.
- 7 Bake the next day in a 325°F oven for about one hour.
- 8 Let set for about 15 minutes, covered, before serving.

Recipe courtesy of Marilyn Nicholson



For more information, call 1-866-885-3666 or visit [www.truelemon.com](http://www.truelemon.com)

# Lemon Roll with Blueberries

## INGREDIENTS

- 22 oz can lemon pie filling
- 16 oz package angel food cake mix
- 1 Tbsp confectioners' sugar
- 2 cups fat-free frozen whipped topping, thawed
- 2 packets True Lemon®
- 12 oz fresh blueberries (1½ cups)

## DIRECTIONS

- 1 Preheat oven to 350°F.
- 2 Line a 10" x 15" jelly-roll pan with wax paper.
- 3 In a large bowl, combine pie filling and cake mix. Beat on medium setting for 5 to 7 minutes. Spoon into pan.
- 4 Bake for 25 to 30 minutes or until toothpick inserted in the center comes out clean.
- 5 Sprinkle a dish towel with confectioners' sugar. Invert cake onto towel. Peel away and discard wax paper. Neatly trim edges of cake roll.
- 6 Starting from a short end, roll up cake in dish towel. Let cool in a cooling rack for 2 hours.
- 7 Put whipped topping in a small bowl. Stir in True Lemon®.
- 8 Unroll cake and remove dish towel. Spread cake with whipped topping; reroll.
- 9 Freeze until shipped topping is firm, about 2 hours.
- 10 To serve, cut into 16 slices. Sprinkle with blueberries.

**Yields** 16 servings

**Nutritional Information** Calories: 273; Total Fat: 3g; Saturated Fat: 1g; Polyunsaturated Fat: 1g; Monounsaturated Fat: Cholesterol: 51mg; Sodium: 314mg 1g; Carbohydrates: 57g; Fiber: 1 g; Protein: 5g

Adapted from *The New American Heart Association Cookbook 25th Anniversary Edition*



For more information, call 1-866-885-3666 or visit [www.truelemon.com](http://www.truelemon.com)

# Lemon Smoothie

## INGREDIENTS

½ to ¾ cup yogurt  
(or a packet of vanilla flavored  
meal replacement drink)

1 packet True Lemon®

1 Tbsp sugar

8 oz water

1 to 2 Tbsp golden flax seed

Assorted fresh or frozen berries

4 ice cubes

## DIRECTIONS

- 1 Blend all the ingredients together in a blender and enjoy a cool refreshing drink.

**Recipe** courtesy of Kim Springer, Hawaii



For more information, call **1-866-885-3666** or visit [www.truelemon.com](http://www.truelemon.com)

# Linguine Vegetable Salad with True Lemon® Dressing

## SALAD

- 6 oz linguine, cooked and drained
- 2 cups snow peas
- 2 cups zucchini, thinly sliced
- 16 oz can chickpeas, drained and cooked
- 12 cherry tomatoes, halved

## DRESSING

- 1 cup scallions, chopped
- 4 Tbsp tomato paste
- 5 packets of True Lemon®
- 4 Tbsp balsamic vinegar
- 4 cloves of garlic, minced
- 6 drops hot pepper sauce
- 2 tsp olive oil

## DIRECTIONS

- 1 In large bowl, combine linguine, snow peas, zucchini, chickpeas and cherry tomato halves; set aside.
- 2 In blender or food processor, combine scallions, tomato paste, True Lemon®, garlic, vinegar, oil, hot pepper sauce; puree until smooth.
- 3 Pour dressing over salad; toss to coat thoroughly.

**Yield** 4 servings

**Nutritional Information** Calories: 433; Fat: 6g; Carbohydrates: 77g

Adapted from *Weight Watchers Cooking for One Classics*, page 82



For more information, call 1-866-885-3666 or visit [www.truelemon.com](http://www.truelemon.com)

# Peach Green Tea Punch

## INGREDIENTS

- 6 cup boiling water
- 6 regular-size bags peach-flavored green tea
- 3 regular-size bags orange-spice flavored tea
- $\frac{2}{3}$  cup Splenda®
- 2 packets True Lemon®
- 2 cup peach juice or peach nectar

## DIRECTIONS

- 1 Pour boiling water over tea bags; cover and steep 5 minutes. Remove tea bags, squeezing gently.
- 2 Stir in Splenda® Granular and juices. Chill. Serve over ice, if desired.

**Yields** 8 (8 oz) servings

Recipe derived from [www.splenda.com](http://www.splenda.com).



For more information, call **1-866-885-3666** or visit [www.truelemon.com](http://www.truelemon.com)

# True Lemon® Sautéed Shrimp with Olive Oil

## INGREDIENTS

1 lb shrimp, shelled and de-veined  
¼ cup extra virgin olive oil  
5 to 6 packets True Lemon®  
2 cloves garlic, finely chopped  
½ tsp salt  
¼ tsp pepper  
1 package angel hair pasta, cooked according to directions

## DIRECTIONS

- 1 Heat pan on stove top.
- 2 Mix olive oil, True Lemon®, garlic, salt and pepper in a bowl.
- 3 Add shrimp to mixture and coat evenly.
- 4 Carefully place shrimp in the heated pan; adding additional olive oil, if necessary.
- 5 Sauté until shrimp is properly cooked.
- 6 Serve immediately over hot angel hair pasta.

**Yields** 4 to 6 servings



For more information, call 1-866-885-3666 or visit [www.truelemon.com](http://www.truelemon.com)

# Sun Tea

## INGREDIENTS

- 9 Tetley tea bags
- 1 rounded cup of sugar
- 4 True Lemon® packets

## DIRECTIONS

- 1 Add ingredients to a one-gallon pitcher.
- 2 While stirring, add water to fill pitcher.
- 3 Place in the sun for three to five hours.
- 4 Stir and remove tea bags and serve in a tall glass with ice.

Recipe courtesy of Michele Hastings, Levittown, Pennsylvania



For more information, call **1-866-885-3666** or visit [www.truelemon.com](http://www.truelemon.com)

# True Lemon® and Olive Oil Herb Marinade

## INGREDIENTS

- ¾ tsp dried thyme
- 1 ½ tsp dried rosemary
- 2 tsp dried savory
- 1 clove garlic, minced
- 3 Tbsp olive oil
- 3 packets True Lemon®
- ½ tsp kosher salt
- 6 chicken breasts

## DIRECTIONS

- 1 In shallow airtight container combine all ingredients except the chicken breasts.
- 2 Stir well.
- 3 Place chicken in container, cover and marinate at least 12 hours in refrigerator.
- 4 Turn container over several times to distribute marinade
- 5 Bake in oven or grill until chicken is done.



For more information, call 1-866-885-3666 or visit [www.truelemon.com](http://www.truelemon.com)

# True Lemon® Chicken Divan

## INGREDIENTS

16 oz frozen, cut broccoli  
2 cups chicken, cooked  
and cubed  
10¾ can condensed cream of  
chicken soup  
½ cup low-calorie mayonnaise  
3 packets True Lemon®  
½ cup shredded cheddar cheese  
½ cup soft bread crumbs  
2 Tbsp margarine

## DIRECTIONS

- 1 Heat oven to 350°F.
- 2 Grease 12" x 8" (2 quart) baking dish.
- 3 Cook broccoli as directed on package; drain.
- 4 Arrange broccoli in prepared baking dish.
- 5 Layer chicken over broccoli.
- 6 In small bowl, combine soup, mayonnaise, and True Lemon®; mix well.
- 7 Spread over chicken. Sprinkle with cheese.
- 8 In small bowl, combine crumbs and margarine; sprinkle over top.
- 9 Bake at 350°F for 30 to 35 minutes or until thoroughly heated.

**Yields** 6 servings

**Nutritional Information** Calories: 360; Fat: 26g; Carbohydrates: 10g



For more information, call 1-866-885-3666 or visit [www.truelemon.com](http://www.truelemon.com)

# True Lemon® Chicken Rice Soup

## INGREDIENTS

6 cups chicken broth  
1 chicken bouillon cube  
½ cup uncooked white rice  
⅓ cup carrots, diced  
⅓ cup celery, chopped  
¼ cup onion, finely chopped  
1 cup chicken, cooked and cubed  
2 Tbsp margarine  
2 Tbsp flour  
3 eggs  
5 packets True Lemon®  
Salt and pepper

## DIRECTIONS

- 1 In large saucepan combine chicken broth, bouillon cube, rice, True Lemon®, carrots, celery and onions.
- 2 Bring to a boil.
- 3 Reduce heat.
- 4 Cover, simmer 20 minutes or until rice and vegetables are tender.
- 5 Stir in chicken and remove from heat.
- 6 In small saucepan, melt margarine.
- 7 Stir in flour, cool 1 minute until smooth and bubbly, stirring constantly.
- 8 Gradually stir in 2 cups broth mixture; cook until slightly thickened, stirring constantly.
- 9 In small bowl, beat eggs until foamy.
- 10 Gradually beat in thickened broth mixture.
- 11 Slowly add egg mixture to broth mixture in large saucepan, stirring constantly.
- 12 Heat gently, until soup thickens enough to coat a spoon, stirring frequently.
- 13 Do not boil. Salt and pepper to taste.
- 14 Garnish with sliced green onion or parsley, if desired.

**Yields** 7 servings

**Nutritional Information** Calories: 150; Fat: 7g; Carbohydrates: 11g



For more information, call 1-866-885-3666 or visit [www.truelemon.com](http://www.truelemon.com)

# True Lemon® Chicken Salad

## INGREDIENTS

3 packets True Lemon®  
Salt and pepper  
3 cups chicken, cooked and cubed  
2 stalks celery, chopped  
½ cup low-fat salad dressing  
or mayonnaise

## DIRECTIONS

- 1 In medium bowl, combine all ingredients and mix well.
- 2 Cover and refrigerate.
- 3 Serve plain or use to fill green pepper, avocado, pineapple halves, hollowed out tomatoes or lettuce cups.

**Yield** 4 servings



For more information, call 1-866-885-3666 or visit [www.truelemon.com](http://www.truelemon.com)

# True Lemon® Cookies

## INGREDIENTS

- 1 cup butter, softened
- 1 cup powdered sugar
- 1 cup granulated sugar
- 2 large eggs
- 1 cup vegetable oil
- 8 packets of True Lemon®
- 5¼ cups all purpose flour
- 1 tsp cream of tartar
- 1 tsp baking soda
- ¼ tsp salt
- 1 tsp grated lemon rind

## DIRECTIONS

- 1 Beat butter at medium speed with an electric mixer until fluffy; add powdered and granulated sugars, beating well.
- 2 Add eggs, oil and lemon juice, beating until blended.
- 3 Combine flour and next 4 ingredients; gradually add to sugar mixture until blended.
- 4 Shape dough into 1"balls, and place about 2 inches apart on lightly greased baking sheets.
- 5 Bake, in batches, at 350°F for 9 to 11 minutes or until set (do not brown). Remove to wire racks to cook.

**Yield** about 7 dozen cookies



For more information, call 1-866-885-3666 or visit [www.truelemon.com](http://www.truelemon.com)

# DITK™ Creamy True Lemon® Dill Dipping Sauce

## INGREDIENTS

½ cup reduced-fat sour cream  
¼ cup reduced-fat mayonnaise  
¼ cup plain low-fat yogurt  
2 Tbsp fresh dill, finely chopped  
1 Tbsp rice wine vinegar  
1 packet True Lemon®  
⅛ Tbsp garlic powder  
Salt and freshly ground black pepper to taste

## DIRECTIONS

- 1 Combine all ingredients together until fluffy.
- 2 Cover and refrigerate about 1 hour before serving.
- 3 Serve with True Citrus Shrimp.

Recipe courtesy of Diane M. Henderiks, R.D., Dietitian in the Kitchen™



For more information, call 1-866-885-3666 or visit [www.truelemon.com](http://www.truelemon.com)

# True Lemon® Herb Salmon

## INGREDIENTS

- ¼ cup balsamic vinegar
- ¼ cup olive oil
- 4 packets of True Lemon®
- 1 clove garlic, minced
- ⅛ tsp rosemary
- ½ tsp thyme
- 1 Tbsp chives
- 1 tsp pepper
- 4 medium salmon steaks,  
cut ¼ inch thick

## DIRECTIONS

- 1 In large bowl combine all ingredients except salmon steaks; mix well.
- 2 Add fish to bowl; spoon marinade over fish until well coated.
- 3 Cover; refrigerate for at least 2 hours, turning fish over after 1 hour.
- 4 Place fish on broiler pan. Broil 4 to 6 inches from heat, for 10 to 15 minutes, or until fish flakes easily with fork.



For more information, call 1-866-885-3666 or visit [www.truelemon.com](http://www.truelemon.com)

# True Lemon® Lemonade (by the Pitcher)

## INGREDIENTS

8 cups water

1/3 cup True Lemon® Shaker\*

1 3/4 cups sugar

\*or 24 packets of True Lemon®  
for an 8 cup pitcher of Lemonade

## DIRECTIONS

**1** Combine all ingredients in 2 quart pitcher.

**2** Stir well.

**Yield** 8 (8 oz) servings.



For more information, call **1-866-885-3666** or visit [www.truelemon.com](http://www.truelemon.com)

# True Lemon® Mini-Cheesecakes

## INGREDIENTS

- 12 vanilla wafers
- ½ cup sugar
- 1 egg
- 2 8 oz package cream cheese
- 1 tsp vanilla extract
- 5 packets True Lemon®

## DIRECTIONS

- 1 Preheat oven to 325°F.
- 2 Line muffin tins with cake liners.
- 3 Place a vanilla wafer in each liner.
- 4 Mix True Lemon®, cream cheese, vanilla, sugar and egg until well blended.
- 5 Pour over wafers; filling each ¾ full.
- 6 Bake 25 minutes.
- 7 Remove from pan when cool.
- 8 Chill.



For more information, call 1-866-885-3666 or visit [www.truelemon.com](http://www.truelemon.com)

# True Lemon® Muffins

## INGREDIENTS

2 cups all-purpose flour  
5 packs True Lemon®  
½ cup sugar  
3 tsp baking powder  
½ tsp salt  
¾ cup milk  
⅓ cup oil  
1 egg, beaten

## DIRECTIONS

- 1 Heat oven to 400°F.
- 2 Grease bottom only of 12 muffin cups, or line with paper baking cups.
- 3 In medium bowl, mix flour, True Lemon®, sugar, baking powder and salt.
- 4 In small bowl, combine milk, oil and egg; blend well.
- 5 Add to dry ingredients all at once; stir just until dry ingredients are moistened.
- 6 Fill prepared muffin cups  $\frac{2}{3}$  full.
- 7 Bake at 400°F for 18 to 22 minutes or until light golden brown.
- 8 Cool 1 minute before removing from pan. Serve warm.

**Yield** 12 muffins

**Nutritional Information** Calories: 180; Fat: 7g

Adapted from *The Pillsbury Cookbook* ©1989, page 58.



For more information, call 1-866-885-3666 or visit [www.truelemon.com](http://www.truelemon.com)

# True Lemon® Pound Cake

## CAKE

- 2 sticks butter
- 1½ cups cake flour
- 1 tsp baking powder
- ½ tsp salt
- 1¼ cups sugar
- 2 tsp True Lemon®
- 1 Tbsp water
- 4 large eggs
- 1 tsp vanilla extract

## GLAZE

- ½ cup powdered sugar
- ½ tsp True Lemon®
- 2 Tbsp milk (approximately)

## DIRECTIONS

- 1 Preheat oven to 350°F.
- 2 Grease a loaf pan and generously dust with cake flour.
- 3 In a medium bowl, whisk together flour, baking powder and salt.
- 4 In a food processor, add sugar, True Lemon®, water, eggs and vanilla, and process just until mixed.
- 5 Microwave butter for about 50 seconds in a 2 cup glass Pyrex cup. (Whisk melted butter together before using.)
- 6 With food processor running, pour butter through the tube in a slow, steady stream.
- 7 Sift flour over mixture in food processor in 3 steps, mixing gently after each addition just until combined.
- 8 Pour into pan and bake for 15 minutes.
- 9 Turn oven down to 325° and bake for an additional 45 minutes or until toothpick comes out clean.
- 10 Let cool in pan 10 minutes; then turn over onto a cookie cooling rack face up. Poke several holes with toothpicks and pour on glaze. Cool about an hour before cutting and serving. Store in refrigerator.

**Yield** 8 servings

Recipe courtesy of Debra Swanson, North Garden, Virginia



For more information, call 1-866-885-3666 or visit [www.truelemon.com](http://www.truelemon.com)