

Daily Dining Dilemmas



TIPS FOR MINDFUL EATING IN THE MIDST
OF TODAY'S CHAOS

Grilled Lemon Limeade

The grilling jump-starts the flavor out of the citrus, so that every sip is bracing, refreshing and uniquely delicious.

Ingredients:

8 lemons, halved
1 lemon, sliced
1 1/2 cup sugar

8 limes, halves
1 lime, sliced
4 cups water, plus more to taste

Directions:

- 1, Heat grill to medium. Put sugar in a saucepan and press each citrus half into sugar, then set on grill, cut side-down, until browned, about 5 minutes. Put the citrus slices on grill and char off each side for 30-60 seconds.
2. Add 2 cups of water to the saucepan containing the sugar and place pan on grill. Whisk until sugar is dissolved, remove from grill.
3. Juice all the citrus into large pitcher: about 3 cups. Strain if needed. Add 2 cups water and the sugar syrup, 1/2 cup at a time until limeade is your desired sweetness. Add more water if you like, pour over ice, garnish with a grilled citrus slice.

Adapted by Marsha Blair,
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Source: allrecipes.com

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