



The Letter L: Lemon

Fresh Squeezed Ginger Lemonade By The Glass

Lemons are part of the citrus fruit family. The bright yellow fruit's juice, pulp and peel, especially the zest, are used in various foods and drinks around the world.

There's nothing quite like a tall glass of icy lemonade on a hot day. This recipe adds a little zing from the Caribbean, using fresh ginger.



NOTE: Infusing water with slices of fruits and vegetables is a wonderful way to add a little natural flavor to your water, making it even easier to drink plenty of it. Just peel and chop your desired produce, and let it sit at the bottom (or float on top) of a jug of water. Lemons, limes, berries, cucumbers, carrots and parsley are perfect add-ins.

MAKES: One 12-ounce glass

PREP TIME: 5 minutes

NUTRITIONAL ANALYSIS: Calories: 75, Total Fat: 0g, Saturated Fat: 0g, Sodium: 1mg, Cholesterol: 0mg, Carbohydrates: 20g, Fiber: 0g, Sugars: 17g, Protein: 0g

INGREDIENTS

- 1/4 cup of hot water
- 2 tablespoons granulated sugar
- 1 inch piece of ginger root, finely grated
- Juice from one large lemon, about 3 tablespoons
- 1 cup of cold water
- Ice
- (Optional) Fresh mint garnish

DIRECTIONS

1. Sugar dissolves best in hot water. Stir the sugar, ginger and hot water together in a measuring glass, until the sugar is dissolved.
2. Pour the ginger-sugar water through a small strainer into a glass (12-16 ounces), catching the ginger pieces.
3. Press the ginger into the strainer to get all the flavor out.
4. Stir in the lemon juice and cold water. Add an ice cube or two, and serve!

Building Skills and Knowledge

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To promote a rich learning experience as you cook with your children, we encourage you to ask a variety of questions throughout the process. Provide plenty of encouragement and give them a chance to show off what they know as they help out with the preparation of the dish!

SCIENCE

- This recipe is a perfect opportunity to introduce the concepts of solids, liquids and gases to your child since this recipe will show all three stages. Have a discussion with your child as you show the different stages of the water: as solid ice, in its liquid form as hot water, and the gas/steam that is produced by the hot water. Let them know that water freezes and turns into ice when the temperature gets below 32 degrees Fahrenheit and that water produces steam when it is heated to 212 degrees Fahrenheit.

SENSORY AND LANGUAGE

- Have your children hold the whole lemon and ask them to describe what it feels, looks and smells like. Tell them that you need to get the juice from it to make your lemonade. Show your child how to roll the lemon with a firm hand to prepare it for juice. Next cut the lemon in half, slicing off a small piece for them to sample. Ask them to describe the taste of the flesh, juice and peel of the lemon.
- While shopping for the ingredients for your lemonade, invite your child to play a game of I-Spy looking for other yellow foods. Take turns describing and guessing throughout your shopping trip.

WANT TO DO MORE?

- In Senegal, West Africa, the *yassa* method of cooking uses lemons and onions to marinate meats, fish, and vegetables in a tangy sauce. You can find a wonderful “Chicken Yassa” recipe on the Oldways website (www.oldwayspt.org)

OR, TRY THESE!

- **Limes** can be substituted for the lemon in this ginger lemonade recipe. Limes don’t yield as much juice as lemons, so you’ll need 2-3 limes instead of just one.
- **Leeks** are in the same vegetable family as onions, but are different in flavor. Use them in place of onions the next time you make a soup, or stir-fry. Sauté chopped **leeks** in olive oil, to pour over a baked or mashed potato.