

LEMON



LEMON CHICKEN BREASTS

Ingredients:

- 4 chicken breasts

For the Marinade:

- ½ cup raw honey
- 1 tsp. Beyond Tangy Tangerine® powder or liquid
- ¼ cup lemon juice
- 1 drop Lemon Culinary Essential Oil
- 1 tsp. sea salt

Directions:

Mix all marinade ingredients together. Put chicken in a shallow baking dish and pour marinade over chicken breasts. Cover baking dish and let chicken marinate in refrigerator overnight. The next day, bake or broil until done.

LEMON PEPPER BASIL BUTTER

Ingredients:

- ½ cup salted butter, softened
- ½ tsp. black pepper
- 1 drop Lemon Culinary Essential Oil
- 1 clove garlic, minced
- 1 tbsp. basil leaves, finely minced
- Zest from 1 lemon

Directions:

Place the butter in a small bowl. Add the Lemon Culinary Essential Oil and stir again. Add the minced garlic and basil leaves, then combine them into the butter by whipping it quickly with a fork. Serve as is, or form into a log and wrap in wax paper, freeze to slice later into little pats of butter. Serve over fish, other meats or vegetables.

BRUSSELS SPROUTS SALAD

Ingredients:

- 1 lb. Brussels sprouts, ends trimmed
- 1 avocado peeled, sliced and mashed
- 3 tbsp. plain yogurt
- 1 tsp. Dijon mustard
- Zest of 1 lemon
- Juice of 1 lemon
- 2 tbsp. raw honey
- 1 drop Lemon Culinary Essential Oil
- ½ cup pomegranate seeds or diced apple
- ¼ cup chopped pecans

Directions:

Separate all the Brussels sprouts into individual leaves. In a small bowl, whisk the avocado, yogurt, mustard, lemon zest and lemon juice. In a separate bowl, stir the Lemon Culinary Essential Oil into the honey. Add the honey mixture to the avocado mixture and whisk until the honey is completely incorporated. Pour the dressing over the Brussels sprouts and toss well. Place the dressed sprouts into the refrigerator and chill for 2 hours. Just before serving, add the fruit and nuts and lightly toss.