

# LIMONEIRA<sup>®</sup>

SINCE 1893

## Healthy Lunch Box Meals with Limoneira Citrus

*Limoneira Spokesperson Megan Roosevelt demonstrates three easy ways to make back-to-school lunch time healthy & delicious*

(Santa Paula, CA) – September means it’s back-to-school and back-to-routines, which can be overwhelming and time-consuming. Limoneira Spokesperson Megan Roosevelt is here to help, and has prepared three easy, delicious and healthy lemon-centric lunchbox recipes that can be meal-prepped ahead of time and are good for both kids and adults.

Don’t forget to subscribe – videos with more wonderful recipes, tips, and tricks not detailed in this release will be added to the channel weekly. For more details on the tips below, watch this video for the recipe below on [Limoneira’s YouTube Channel](#).

**Lunchbox #1** – Nutritional balance is key! This box includes cubed lemon chicken, brown rice and broccoli, as well as a wedge of fresh lemon that can be squeezed over the works.

### Cubed Lemon Chicken Ingredients

- 3 tbsp Limoneira Classic Lemon juice
- 3 tbsp extra virgin olive oil
- 2 tsp cumin
- 1 tsp sea salt
- ½ tsp black pepper
- 2 boneless chicken breasts

**Directions:** Mix lemon juice, olive oil and dry ingredients together to form marinade and marinate chicken breasts for 30 minutes. Bake for 30 minutes at 350° F or until fully cooked. Cube chicken breasts. Portion into a container along with brown rice and broccoli, and store until needed.



**Lunchbox #2** – Everyone loves pasta, and box number two embraces that fact with a delicious lemon pasta with peas, protein-rich pistachios, and orange slices for a sweet treat.



#### **Lemon Pasta with Peas Ingredients**

- Pasta of choice
- 3 tbsp olive oil
- Salt & pepper to taste
- ½ cup cooked peas
- 1 Meyer Lemon
- Green onion

**Directions:** Cook pasta of choice, and mix ingredients together in a mixing bowl. When combined, portion into a container along with Pistachios and orange slices until needed.

**Lunchbox #3** – The final lunchbox includes Lemon Hummus Rollups, along with carrots, raspberries and green peas.

#### **Ingredients for Lemon Hummus**

- 1 can chickpeas
- 2 Limoneira lemons
- ¼ cup tahini
- 2 garlic cloves
- 1 pinch sea salt
- 3 tbsp olive oil

**Directions:** Combine all ingredients into a food processor and blend. Spread hummus onto tortilla of choice. Add celery to create the Rollups. Then cut into bite size portions, and add to a container alongside carrots, raspberries and green peas to complete the meal.



Limoneira has also partnered with additional global chefs and mixologists, nutritionists, and beauty lifestyle and green cleaning experts to share their knowledge with the customers of our grocery and food service partners around the world. Their biographies can be found on Limoneira's website.

