



PROFESSIONAL

Citrus Juicer

Recipe Book



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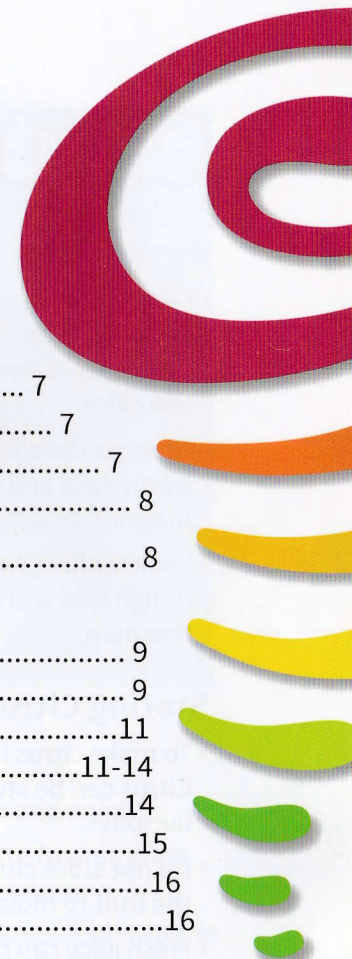
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Citrus Juice Tips

Buying Tips

- Citrus fruits ripen from the inside out and except for Key limes, are always picked ripe. If the peels are a little green, the fruit will still be juicy and sweet. Key limes are picked green and ripen to a yellow color.
- Oranges develop their characteristic orange color while growing in warm days and cool nights. If nights are too warm, the orange color may not develop as well, but the fruit will be ripe.
- Look for firm, heavy fruit with smooth skins for better juicing. Rough skin texture and hard fruit indicate a thicker peel and less pulp.

Storing Citrus

- To make citrus last longer, store in the refrigerator (up to 3 weeks). Citrus can be stored unrefrigerated in a cool, dry place for four to five days.
- Do not store citrus in a plastic bag. Moisture can collect and cause the fruit to mold.
- Fresh juice can be stored, covered, in the refrigerator for up to 3 days.
- Frozen juice can last up to a year.

Juicing Tips

- For easy juicing of citrus fruits or pomegranates, slice the fruit in half, cutting across sections.
- Lemons, limes, oranges, grapefruits and pomegranates produce more juice when juiced at room temperature.
- As an alternative, citrus straight from the refrigerator can be warmed up in the microwave for a few seconds before juicing.
- Rolling citrus on your counter before zesting or juicing brings out the oils and juices.

Fruit (medium size)	Approximate Juice Yield	Number of fruit needed to yield 1 cup juice
Lemon	3 Tablespoons	6
Meyer Lemon	3 Tablespoons	6
Lime	2½ Tablespoons	6
Key Lime	½ Tablespoon	32
Navel Orange	½ cup	2
Valencia Orange	½ cup	2
Grapefruit	¾ cup	1½
Pomegranate	½ cup	2

Recipe & Serving Tips

- Add fresh-squeezed lemon juice to a glass of water and enjoy.
- When zesting your lemons, limes or oranges, be sure to only grate the colorful outside. The white part (called pith) is bitter.
- Juice a lemon, lime or orange. Add the juice, some zest and water to a small pot on your cooktop. Cook over low heat and wait for your house to smell wonderful.
- Freeze ahead. Place sprigs of mint in ice trays and cover with your favorite lemonade. Add to your lemonade recipe before serving. Your lemonade will not get diluted from regular ice cubes and your guests will love the look.
- Thinly slice lemons, limes or oranges and add to your pitcher of lemonade or limeade.
- Citrus juice adds a zesty flavor to meat or vegetables, making it a good substitute for high-sodium table salt.
- Pomegranate juice adds a delicious flavor to recipes such as dressings, dipping sauces, cold or frozen desserts and quick breads.

Classic Lemonade/ Limeade



Citrus Drinks

Classic Lemonade/Limeade

Ingredients:

- 1 $\frac{1}{4}$ cups fresh-squeezed lemon or lime juice
- 1 cup sugar
- 6 cups cold water

Directions:

1. Pour juice into a large pitcher.
2. Add sugar, cold water, and ice if desired.
3. Stir well and enjoy.

Nutrition Facts: Calories 110, Fat 0g, Carbs 28g, Vitamin C 25%

Serves: 8 (about 1 cup each)

Orange Grapefruit Juice

Ingredients:

- 1 cup fresh-squeezed orange juice
- $\frac{3}{4}$ cup fresh-squeezed grapefruit juice

Directions:

1. Combine juices in a pitcher, stir and serve immediately.

Nutrition Facts: Calories 80, Fat 0g, Carbs 18g, Vitamin A 10%, Vitamin C 130%, Calcium 2%, Iron 2%

Serves: 2 (about 1 cup each)

Lemon Fizz

Ingredients:

- 1 quart bottle sparkling water
- Lemon slices
- $\frac{1}{4}$ cup fresh-squeezed lemon juice

Directions:

1. In a large pitcher, combine sparkling water and lemon juice.
2. Add lemon slices and serve over ice.

Nutrition Facts: Calories 5, Fat 0g, Carbs 1g, Vitamin C 10%

Serves: 4 (about 1 cup each)

Orange Iced Tea

Ingredients:

- 2 cups water
- 4-5 tea bags
- 1 teaspoon whole cloves
- ¼ cup sugar
- 3 cups ice cubes
- 1 cup fresh-squeezed orange juice

Directions:

1. Boil water.
2. Add tea bags and cloves, let steep 3-5 minutes. Remove tea bags and cloves.
3. Add sugar, stir until dissolved.
4. Stir in ice. When cool, add orange juice.

Nutrition Facts: Calories 60, Fat 0g, Carbs 6g, Vitamin A 2%, Vitamin C 25%

Serves: 8 (about 1 cup each)



Health Benefits

- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Citrus fruits are high in Vitamin C, which is important for growth and repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy.
- Orange juice is a good source of potassium. Diets rich in potassium may help to maintain healthy blood pressure.

Source: U.S. Department of Agriculture at
<http://www.choosemyplate.gov/food-groups/fruits-why.html>

Tempting Treats

Lemonade Cookies

Ingredients:

- ¾ cup butter, softened
- 1 ¼ cups all-purpose flour
- ⅔ cup cornstarch
- ⅔ cup confectioners' sugar
- ¼ cup fresh-squeezed lemon juice
- 1 Tablespoon lemon zest

Directions:

1. In a large mixing bowl, beat butter on MEDIUM until creamy.
2. Gradually add flour, cornstarch, confectioners' sugar, lemon juice and zest on LOW speed until blended. Wrap dough in plastic wrap and refrigerate for 30 minutes.
3. Preheat oven to 350°F. Shape tablespoonfuls of dough into balls.
4. Press with fingers to flatten slightly.
5. Bake 10 to 12 minutes or until cookies are set. Cool 2 minutes on wire rack; remove from cookie sheet to cool completely.

Nutrition Facts: Calories 100, Fat 3.5g, Carbs 12g, Vitamin A 4%, Vitamin C 2%, Iron 2%

Serves: 24 (1 cookie each)

Lemon Glaze

Ingredients:

- Zest and juice of 1 lemon
- 1 ¼ cups confectioners' sugar

Directions:

1. In a large bowl, add zest, lemon juice and confectioners' sugar. Stir with wire whisk until well blended.
2. Drizzle glaze over cooled cookies.

Nutrition Facts: Calories 25, Fat 0g, Carbs 6g, Vitamin C 2%

Serves: 24 (1 cookie each)



Lemon
Squares

Lemon Squares

Ingredients:

Crust:

- 1 cup butter, softened
- ½ cup sugar
- 2 cups all-purpose flour

Filling:

- 4 eggs
- 2 cups sugar
- ½ cup all-purpose flour
- 1 teaspoon baking powder
- ¼ cup fresh-squeezed lemon juice
- 2 Tablespoons fresh-squeezed lime juice
- Zest of 1 lemon

Directions:

1. Preheat oven to 350°F.
2. In a large mixing bowl, beat butter and sugar on LOW until creamy.
3. Gradually add flour on LOW speed until coarse crumbs form.
4. Press mixture into bottom of 13x9-inch baking pan. Bake 20 minutes or until edges of crust turn brown.
5. In a large mixing bowl, beat eggs on HIGH until lemon in color.
6. Reduce speed to LOW and gradually add flour, baking powder, juice and zest until blended.
7. Pour mixture over baked crust and return to oven. Bake 20 to 25 minutes or until top is set. Cool in pan; cut into squares.

Nutrition Facts: Calories 420, Fat 17g, Carbs 63g, Vitamin A 10%, Vitamin C 6%, Calcium 4%, Iron 8%

Serves: 24 (about 2-inch squares)

Lemon Meringue Pie

Ingredients:

Crust:

- 1 ½ cups all-purpose flour
- 2 teaspoons lemon zest
- 1 teaspoon sugar
- ½ teaspoon salt
- ½ cup unsalted butter, well chilled, cut into 1-inch pieces
- 3 Tablespoons ice water
- Graham cracker crumbs, optional

Filling:

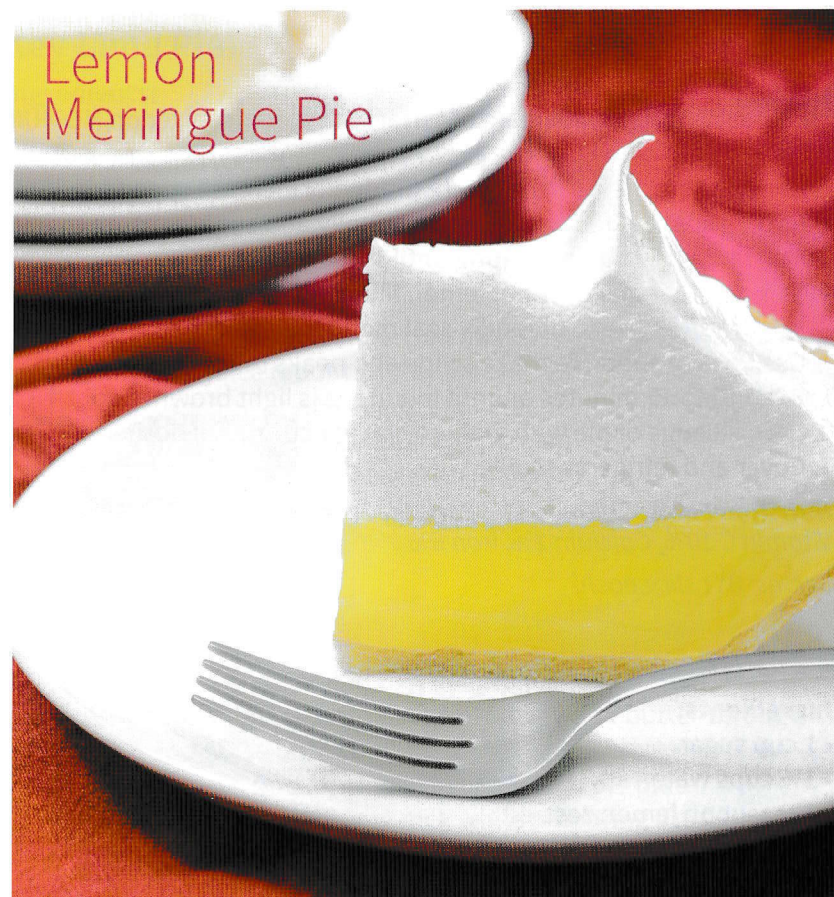
- 1 ¼ cups sugar
- ½ cup cornstarch
- ¼ teaspoon salt
- 1½ cups water
- 2 Tablespoons butter
- 2 teaspoons lemon zest
- ½ cup fresh-squeezed lemon juice
- 4 large egg yolks, lightly beaten

Meringue:

- 4 large egg whites, room temp
- ¼ teaspoon cream of tartar
- ½ cup sugar
- 2 teaspoons cornstarch

Directions:**For Crust:**

1. Combine flour, lemon zest, sugar, salt and chilled butter pieces in food processor bowl.
2. Pulse the mixture several times JUST until the butter is processed into pea-sized pieces. Do not over-process.
3. Adding 1 tablespoon at a time, sprinkle ice water through food chute and process JUST until dough begins to come together. Add additional ice water if necessary. Small butter pieces should still be visible in dough.
4. Remove dough from bowl. Form dough into a disc about one inch thick. Wrap in plastic wrap and place in refrigerator for at least 30 minutes before rolling.
5. Sprinkle pastry cloth or parchment paper and rolling pin lightly with flour. Roll dough from center outward into a 13-inch diameter.
6. Grease 9-inch pie pan lightly with butter to hold pastry in place and help with browning.
7. Transfer pastry to pie pan without stretching dough. Press pastry to bottom and sides of pan. Trim pastry to about 1 inch beyond edge of pan. Turn edge of pastry under and press to rim of pan.
8. Use a fork to prick pastry. Chill pastry 30 minutes.
9. Preheat oven to 425°F.
10. Pre-bake the crust by lining the pastry crust with nonstick aluminum foil or buttered foil. Place the foil buttered or nonstick side down. Fill with pie weights or dry beans to about 3/4-inch deep.
11. Bake 15 minutes. Remove foil and beans.
12. Reduce oven temperature to 375°F. Continue baking pastry until light golden brown, 12 to 15 minutes. Cool.

**For Filling:**

1. Combine sugar, cornstarch and salt in a medium saucepan. Gradually whisk in water.
2. Cook over medium heat, stirring constantly with a heat-resistant rubber scraper, until mixture thickens and boils. Boil and stir 1 minute.
3. Stirring in a little at a time, add about half of the hot mixture to the egg yolks. Then, stir the egg mixture back into the remaining mixture in the saucepan. Cook and stir, until the mixture begins to boil. Reduce heat to medium-low and cook until mixture is very thick.
4. Remove from heat. Add butter. Then add lemon zest and lemon juice. Pour into baked pie crust.

For Meringue:

1. Preheat oven to 350°F.
2. Beat egg whites and cream of tartar with electric mixer on MEDIUM speed until foamy.
3. Combine sugar and cornstarch. Gradually increase speed to HIGH. Adding 1 tablespoon at a time, gradually add sugar mixture to egg whites. Continue beating until stiff and glossy.
4. Spread meringue over hot lemon filling, making sure to avoid leaving air pockets. Carefully seal meringue to edge of crust. Use back of spoon to make swirls and peaks in meringue.
5. Bake 10 to 15 minutes or until meringue is light brown. Cool.
6. Garnish edge of pie with graham cracker crumbs, if desired.
7. Cover and refrigerate cooled pie.

Nutrition Facts: Calories 420, Fat 17g, Carbs 62g, Vitamin A 10%, Vitamin C 10%, Calcium 2%, Iron 8%

Serves: 8 (1 slice each)

Lemon Sorbet

Ingredients:

- 1 cup sugar
- 1½ cups water
- 1 teaspoon lemon zest
- 1 cup fresh-squeezed lemon juice

Directions:

1. In a medium saucepan over high heat, bring sugar, water and lemon zest to a boil to make a simple syrup. Stir until sugar dissolves. Refrigerate until cold.
2. Add lemon juice to simple syrup. Pour into a 1½-quart ice cream maker and churn until frozen. If firmer sorbet is desired, pour into a container and place in freezer until firm.

Nutrition Facts: Calories 140, Fat 0g, Carbs 36g, Vitamin C 25%

Serves: 6 (about ½ cup each)



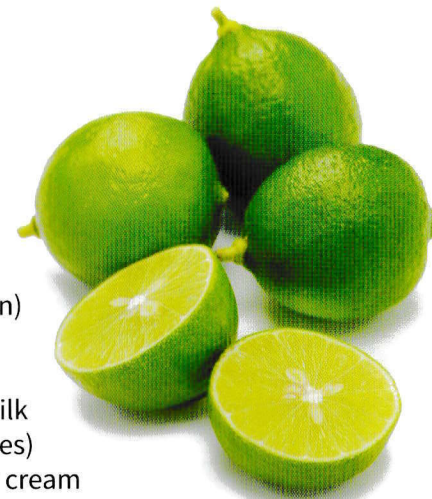
Key Lime Pie

Ingredients:

- 35 crisp ginger snap cookies (about 2-inches round each), broken
- ¼ cup sugar
- Zest of 3 Key limes (about 1 Tablespoon)
- 5 Tablespoons butter, melted
- 3 large eggs
- 1 can (14 oz.) sweetened condensed milk
- ¾ cup Key lime juice (about 24 Key limes)
- ½ cup sour cream
- 1 cup heavy cream
- 2 teaspoons sugar
- ½ teaspoon vanilla extract

TEST KITCHEN TIP:

Substitute half lemon juice and half lime juice if Key Limes are not available.



Directions:

1. Preheat oven to 350°F.
2. Combine cookies, sugar and zest in food processor bowl.
3. Pulse mixture until fine crumbs form. Slowly add butter through feed tube and pulse until combined.
4. Press crumbs into bottom and side of a 9-inch pie plate.
5. Bake 10 minutes. Cool on wire rack while preparing the filling.
6. Beat eggs until well-blended and pale yellow.
7. Stir in sweetened condensed milk, juice and sour cream. Beat 2 minutes.
8. Pour into cooled pie crust.
9. Bake 20 to 22 minutes or until set. Cool on wire rack for 1 hour and refrigerate for several hours or overnight.
10. Add heavy cream, sugar and vanilla extract to a large bowl. Beat until soft peaks form.
11. Pipe whipped cream over top of pie. Garnish with Key lime zest, if desired.

Nutrition Facts: Calories 500, Fat 25g, Carbs 66g, Vitamin A 15%, Vitamin C 70%, Calcium 20%, Iron 6%

Serves: 10 (1 slice each)

Orange Wiggly-Jiggles

Ingredients:

- 2 ½ cups fresh-squeezed orange juice
- 2 (6 oz.) packages orange-flavored gelatin
- Cooking spray

Directions:

1. In a medium saucepan, bring the orange juice to a boil.
2. Stir in gelatin until dissolved. Spray 9x13-inch glass dish with cooking spray. Pour into prepared dish.
3. Refrigerate until gelatin is set (about 3 hours). Cut into fun shapes with 2-inch cookie cutters.

Nutrition Facts: Calories 60, Fat 0g, Carbs 15g, Vitamin A 2%, Vitamin C 20%

Serves: 24 (2-inch pieces)

Pomegranate Raspberry Lime Sorbet

Ingredients:

- 1 cup fresh-squeezed pomegranate juice
- ¼ cup fresh-squeezed lime juice
- ½ cup fresh raspberries
- ½ cup water
- ¼ cup sugar

Directions:

1. Place juices, raspberries, water and sugar in a blender. Blend until thoroughly combined and sugar is dissolved.
2. Pour into a 1 ½-quart ice cream maker and churn until frozen. If firmer sorbet is desired, pour into a container and place in freezer.

Nutrition Facts: Calories 70, Fat 0g, Carbs 16g, Vitamin C 15%

Serves: 6 (½ cup each)



Salads, Marinades & Dressings

Strawberry Spinach Salad with Orange Balsamic Vinaigrette

Ingredients:

Dressing:

- 1 cup fresh-squeezed orange juice
- ½ cup balsamic vinegar
- 2 Tablespoons extra-virgin olive oil
- 2 Tablespoons minced onion
- 3 Tablespoons fresh parsley
- 6 large fresh basil leaves
- 1 Tablespoon orange zest
- ¼ teaspoon kosher salt
- ½ teaspoon fresh-ground pepper

Salad:

- 4 to 6 cups fresh baby spinach leaves
- 1 pint fresh strawberries, sliced
- 2 large oranges, cut in sections
- ½ medium red onion, cut in thin rings
- ½ cup sliced almonds, toasted

Directions:

1. Place orange juice, balsamic vinegar, olive oil, onion, herbs, orange zest, salt and pepper in a blender.
2. Blend until ingredients are chopped and thoroughly combined. Refrigerate until chilled.
3. Arrange spinach leaves, strawberries, oranges and red onion slices on four salad plates.
4. Garnish with almonds. Drizzle with Orange Balsamic Vinaigrette.

Nutrition Facts: Calories 240, Fat 9g, Carbs 36g, Vitamin A 35%, Vitamin C 190%, Calcium 8%, Iron 15%

Serves: 4

Citrus Marinade

Ingredients:

- 1 cup fresh-squeezed orange juice
- ⅓ cup fresh-squeezed lemon juice
- ¼ cup olive oil
- 3 Tablespoons Dijon-style mustard
- 3 cloves garlic, minced
- 2 Tablespoons chopped fresh rosemary
- 1 teaspoon black pepper
- ½ teaspoon salt

Directions:

1. Combine orange juice and lemon juice. Add olive oil, Dijon mustard, garlic, rosemary, salt and pepper. Stir well.
2. Place in glass baking dish. Add meat. Cover and marinate for at least 30 minutes before cooking.

Nutrition Facts: Calories 80, Fat 7g, Carbs 5g, Vitamin A 2%, Vitamin C 35%, Iron 2%

Makes: 1 ½ cups

Balsamic Citrus Dressing

Ingredients:

- 1 Tablespoon orange zest
- 1 cup fresh-squeezed orange juice
- 3 Tablespoons balsamic vinegar
- 1 teaspoon ground cumin
- ½ cup olive oil

Directions:

1. Combine ingredients in food processor or blender and blend.

Nutrition Facts: Calories 70, Fat 7g, Carbs 2g, Vitamin C 10%

Makes: 2 cups



Grilled Chili Lime Chicken Breasts

Ingredients:

- ½ cup olive oil
- ⅓ cup fresh-squeezed lime juice
- 2 Tablespoons packed brown sugar
- 1 Tablespoon ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon salt
- ½ teaspoon ancho chili powder
- ¼ teaspoon black pepper
- 4 cloves garlic clove, minced
- 1 ½ pounds boneless, skinless chicken breast halves, sliced thin

Directions:

1. Combine all ingredients except chicken in a large bowl. Add chicken and stir. Cover with plastic wrap and refrigerate 30 minutes or overnight.
2. Preheat grill to medium-high heat.
3. Drain chicken breasts; discard marinade.
4. Grill chicken covered 2 to 3 minutes on each side, until juices run clear and meat is no longer pink.

Nutrition Facts: Calories 310, Fat 21g, Carbs 7g, Vitamin A 2%, Vitamin C 8%, Calcium 4%, Iron 8%

Serves: 6



Grilled Corn Salad
with Lime Dressing

Grilled Corn Salad with Lime Dressing

Ingredients:

- 3 Tablespoons fresh-squeezed lime juice
- 2 Tablespoons olive oil
- 1 Tablespoon cider vinegar
- ½ teaspoon ground cumin
- ½ teaspoon salt
- 4 ears corn on the cob, husked
- 1 can (15.5 oz.) black beans, drained and rinsed
- ½ medium green bell pepper, halved, seeded and chopped
- 1 cup cherry or grape tomatoes, halved
- ¼ cup chopped onion
- 3 Tablespoons chopped cilantro
- 2 Tablespoons chopped parsley

Test Kitchen Tip: Serve this salad as a side dish or as an appetizer with tortilla chips.

Directions:

1. Preheat grill to medium-high heat.
2. For lime dressing: Combine lime juice, olive oil, vinegar, cumin and salt.
3. Grill corn covered 12 to 14 minutes, turning occasionally and brushing with lime dressing until cooked and slightly charred.
4. Cut corn off the cob; place in a large bowl. Stir in black beans, green pepper, tomatoes, onion, cilantro, parsley and remaining salad dressing. Cover with plastic wrap and refrigerate 3 hours.

Nutrition Facts: Calories 170, Fat 6g, Carbs 26g, Vitamin A 10%, Vitamin C 50%, Calcium 4%, Iron 8%

Servings: 6

Cocktails

Cuban Sunrise

Ingredients:

- ½ cup fresh-squeezed grapefruit juice
- ½ cup fresh-squeezed orange juice
- 3 ounces tequila
- Splash grenadine

Directions:

1. Combine juices in a pitcher.
2. Fill 2 glasses with ice. Add 3 ounces juice mixture to each glass. Stir 1½ ounces tequila into each glass. Add grenadine.

Nutrition Facts: Calories 160, Fat 0g, Carbs 16g, Vitamin A 10%, Vitamin C 100%, Calcium 2%, Iron 2%

Serves: 2 (about 1 cup each)

Orange Zinger

Ingredients:

- ½ cup fresh-squeezed orange juice
- 1 Tablespoon lime juice
- 1 ounce light rum OR 1 teaspoon rum-flavored extract
- 4 scoops vanilla frozen yogurt
- Sliced cherries (optional)

Directions:

1. Place juices and rum in blender.
2. Add frozen yogurt and blend until desired consistency is reached.
3. Garnish with sliced cherries.

Nutrition Facts: Calories 560, Fat 16g, Carbs 80g, Vitamin A 15%, Vitamin C 80%, Calcium 40%, Iron 6%

Serves: 1 (about 1 cup)



Test Kitchen Tip: When adding the grenadine, pour over the back of a spoon onto the wall of the glass. This helps the grenadine sink to the bottom of the glass.

Citrus Mimosa

Ingredients:

- 1 cup fresh-squeezed orange juice, chilled
- ¾ cup fresh-squeezed grapefruit juice, chilled
- Champagne

Directions:

1. Combine juices in a pitcher.
2. Pour ¼ cup juice mixture in each glass.
3. Fill glasses with champagne. Stir and serve immediately.

Nutrition Facts: Calories 35, Fat 0g, Carbs 6g, Vitamin A 4%, Vitamin C 45%

Serves: 6 (about 1 cup each)



Cocktails

Cuban Sunrise

Ingredients

- 1 cup fresh-squeezed orange juice, chilled

• 1

• 50

Directions

1. Combine



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