

LIMONEIRA®

SINCE 1893

Make “Back to School” Easy with Limoneira

Use Megan Roosevelt’s easy, tasty recipes to take the autumn stress out of the kitchen

(Santa Paula, CA) – Summer is coming to a close, and that means it is back-to-school time. This month, Limoneira spokesperson Megan Roosevelt has put together some of her best tips and methods to cut down on stressful meal prep time this fall. That means more time and energy to spend on the things that matter most – and to actually enjoy the food, of course.

For a helpful demonstration, you can watch Megan create the recipes below [here](#) on the Limoneira YouTube channel. Don’t forget to subscribe – videos with more wonderful tips and tricks not detailed in this release will be added to the channel each Friday throughout the month.

Limoneira has also linked with additional global chefs and mixologists, nutritionists, and beauty lifestyle and green cleaning experts that 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](#).

Take a look at some great new examples below.

Homemade Lemon Hummus – Perfect for lunches, snacking, and beyond, this homemade lemon hummus is sure to be a hit during the hustle and bustle of the new school year.

Ingredients:

- 1 can chickpeas
- ¼ cup tahini
- Juice of 2 Limoneira lemons
- 2 garlic cloves (peeled)
- Pinch sea salt
- 3 tbsp olive oil



Directions: Add ingredients to a food processor and blend. Serve with fresh veggies, chips, crackers – the sky is the limit!

Lemon-Herb Zucchini Noodles – Next up, try this perfect make-ahead-of-time option that will keep for several days in the refrigerator.

Ingredients:

- ½ cup parsley
- ½ cup cilantro
- 2 zucchini
- 1 Limoneira lemon
- 1 tbsp olive oil



Directions: If a spiralizer is on hand, process the zucchini through one. If one is not available, using a julienning technique on the zucchini will work. Add lemon juice, sea salt and olive oil to “noodles” in a bowl. Top with parsley and mix together. Garnish with lemon slices and serve – or, put it in the refrigerator to keep for later!

Hot Tip: Create a meal plan – This month’s guest blogger and meal planner, Natasha Red, recommends making a meal plan ahead of time to cut down on energy spent in the kitchen.

- Eat seasonally, and use a recipe rotation. Natasha chooses 16 recipes that her family looks forward to eating every season – spring, summer, fall, winter. This cuts down on meal planning times to about 20 minutes by avoiding having to reinvent the wheel every week. Simply look at the menu plan for that season, and choose the meals for the week from it.

Each month, Megan will be featuring another wonderful facet of citrus living, with the help of a special, surprise guest from YouTube. Subscribe to [Limoneira’s YouTube channel](#) for more information on the many ways this endlessly versatile fruit can improve life inside the home and beyond.