

# Harvest of the Month



February



Limes



## Pick:

- Choose firm limes that are glossy with smooth skin and free of mold.
- For sweeter flavor choose darker green limes.

## Store:

- Limes can be stored at room temperature for 1 week or in a plastic bag in the refrigerator for up to 2 weeks.
- Cut limes should be refrigerated and used within a few days.

## Prepare:

- Before use, bring limes to room temperature as this will yield more juice.
- Roll the limes on a firm surface before juicing, cut in half and then juice.

## Nutrition Info

One medium lime has 20 calories.

Limes provide vitamin C.

## Fun Facts

Limes actually increase in weight after they are picked and begin to ripen!

Limes helped prevent scurvy, the once-dreaded disease found among sailors and soldiers caused by a deficiency of vitamin C, since the sailors didn't have fresh fruits and vegetables on long voyages.

Did you know that the peel of the lime is called "zest" and it is used in many dishes and beverages. Simply scrape the outer, colorful skin of citrus fruits.

## Uses

Marinate chicken or beef in lime juice & lime zest.

Try fish seasoned with a squeeze of fresh lime juice – you can even bake the fish with lime slices over the top.

Squeeze a lime into your salsa for a citrus twist.

## Family Friendly Activities

Have your child help you make a fizzy lime drink – combine a squeeze of lime juice with sparkling water. Garnish with lime slices. Try this with other citrus fruits too!

Have your child help with age-appropriate activities in the kitchen. Kids can help measure, pour, stir and combine ingredients, as well as helping to set the table or clean up afterwards!

## Nutrition Facts

Serving Size 1 enchilada per serving (328g)  
Servings Per Container 10

Amount Per Serving

Calories 370    Calories from Fat 100

% Daily Value\*

Total Fat 12g    18%

Saturated Fat 3.5g    18%

Trans Fat 0g

Cholesterol 50mg    17%

Sodium 870mg    36%

Total Carbohydrate 39g    13%

Dietary Fiber 5g    20%

Sugars 6g

Protein 27g

Vitamin A 15%    •    Vitamin C 50%

Calcium 25%    •    Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Chicken Lime Enchiladas

Serves 10 (1 enchilada per serving)

### Ingredients:

- 1 Tbsp. olive oil
- 1 large onion, diced
- 2 cups cooked cubed chicken
- 1 (15 oz.) can black beans, drained and rinsed
- 1 ½ cups salsa
- 2 (14.5 oz.) cans diced tomatoes, drained
- 2 (4 oz.) cans diced green chili peppers
- 1 Tbsp. chili powder
- Juice from 1 lime
- Red pepper flakes, salt & pepper, to taste\*
- 10 (8-inch) whole wheat tortillas
- 2 ½ cups mozzarella cheese

### Directions:

Heat oil in large pan; add onions and sauté until soft. Stir in chicken, beans, salsa, tomatoes, chili peppers, chili powder, lime juice, red pepper flakes, salt & pepper. Bring to boil, reduce heat and cook for 15 minutes. Meanwhile spray a large baking sheet with cooking spray and preheat oven to 350 degrees. Place ¼ cup enchilada mixture in the center of each tortilla. Fold up the sides of the tortilla around the filling & then fold up the ends to enclose the filling; place seam-side down. Top each tortilla with ¼ cup cheese. Bake for 10 minutes or until cheese is melted.

For more information on Farm2School & Foot Steps to Health visit [www.getactivewisconsin.org](http://www.getactivewisconsin.org)!

Color a Lime!

