

Delicious Lemon Recipes for Every Meal

Lemon Loaf

This sweet, moist lemon bread is the perfect breakfast for enjoying with a cup of tea or coffee, or whenever you're on the go.

Makes about 10 slices | Prep. time 10 minutes

Cooking time 40-45 minutes | Cooling time 1 hour

Ingredients

- 1 cup all-purpose flour
- $\frac{3}{4}$ cup granulated sugar
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon kosher salt
- 2 large eggs
- $\frac{1}{2}$ cup vegetable oil
- $\frac{1}{2}$ cup Greek yogurt
- 1 tablespoon fresh lemon juice
- Zest from 1 large lemon
- 1 teaspoon lemon extract

For the glaze

- 1 cup powdered sugar
- 2 tablespoons whole milk

Directions

1. Preheat oven to 350°F (177°C). Grease a 9-inch loaf pan with butter and set aside.
2. In a large mixing bowl, combine the flour, sugar, baking powder, and salt.
3. Add the eggs, vegetable oil, Greek yogurt, lemon juice, lemon zest, and lemon extract. Mix until well-combined.
4. Pour the batter into the prepared loaf pan. Bake for 40-45 minutes. Remove from oven and let cool for at least 1 hour.
5. Near the end of the cake's cooling time, make the glaze. Whisk the powdered sugar and milk in a small mixing bowl.
6. Pour the glaze over the bread loaf just before serving.

Nutrition per serving

Calories 269, fat 12 g, carbs 37 g, sugar 19 g,
Protein 3 g, sodium 135 mg

Lemon and Parmesan Asparagus

Asparagus with parmesan is delicious on its own, but a drizzle of lemon enhances all the savory flavors.

Serves 4 | Prep. time 15 minutes | Cooking time 15 minutes

Ingredients

- 2 ¼ pounds asparagus, trimmed
- 2 tablespoons olive oil
- Juice from ½ large lemon
- 2 tablespoons honey
- ½ teaspoon paprika
- ½ teaspoon chili powder
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon Italian seasoning
- Kosher salt and freshly ground black pepper, to taste
- ¼ cup grated parmesan cheese

Directions

1. Preheat air fryer to 400°F (204°C).
2. Cut the asparagus into equal-sized pieces.
3. In a large mixing bowl, toss the asparagus with oil, lemon juice, honey, paprika, chili powder, onion powder, garlic powder, Italian seasoning, pepper, salt, and parmesan cheese until well-coated.
4. Transfer the asparagus to the air fryer basket. Cook for 10 minutes.
5. Shake the basket. Air-fry the asparagus for another 3 minutes.
6. Serve warm.

Nutrition per serving

Calories 170, fat 9 g, carbs 20 g, sugar 9 g,
Protein 8 g, sodium 102 mg

Lemony Herb Chicken Breasts

If you're craving a light chicken dish, turn to these lemon and herb-infused chicken breasts.

Serves 4 | Prep. time 15 minutes

Marinating time 30 minutes | Cooking time 10 minutes

Ingredients

- 4 chicken breasts, boneless, skinless
- ¼ cup olive oil
- ½ teaspoon crushed red pepper flakes
- ½ teaspoon paprika
- 2 teaspoons fresh thyme leaves
- 2 teaspoons dry Herbes de Provence
- 1 teaspoon dried oregano
- 3 garlic cloves, crushed
- Zest from 1 lemon
- ¼ cup fresh lemon juice
- Kosher salt and freshly ground black pepper, to taste

Directions

1. Add the chicken and all the remaining ingredients to a large mixing bowl, tossing until the chicken is well-coated. Cover with plastic wrap and refrigerate for at least 30 minutes to marinate.
2. Heat a large skillet over medium-high heat.
3. Remove chicken from marinade and place on the hot pan. Cook for 4-5 minutes per side or until cooked through.
4. Serve warm.

Nutrition per serving

Calories 414, fat 23 g, carbs 5 g, sugar 18 g,
Protein 43 g, sodium 217 mg

Lemon and Dill Salmon

Lemon and dill pair well with salmon's natural richness, making for a delightfully balanced dish.

Serves 4 | Prep. time 15 minutes

Marinating time 1 hour | Cooking time 30 minutes

Ingredients

- 1 ½ pounds salmon fillets
- 1 ½ teaspoons lemon pepper
- 1 teaspoon garlic salt
- 2 tablespoons unsalted butter, melted
- 1 teaspoon brown sugar
- 2 tablespoons lemon juice
- 1 teaspoon lemon zest
- 1 teaspoon garlic, minced
- ½ teaspoon cornstarch

Directions

1. In a small mixing bowl, combine the lemon pepper and garlic salt. Sprinkle the mixture over the salmon fillets.
2. In a large mixing bowl, combine the melted butter, brown sugar, lemon juice, lemon zest, and garlic. Add the salmon fillets, tossing well to coat with the marinade.
3. Cover the bowl with plastic wrap. Refrigerate for 1 hour to marinate.
4. Preheat grill to 400°F (204°C). Remove the salmon fillets from the marinade.
5. Add the marinade and cornstarch to a small saucepan, whisking to combine well. Heat over medium-high heat for 2-4 minutes, stirring occasionally.
6. Place the salmon fillets on the hot grill skin side down. Cook for 15 minutes.
7. Turn the salmon fillets, brushing them with the hot marinade. Cook for another 10 minutes.
8. Serve warm.

Nutrition per serving

Calories 288, fat 16 g, carbs 3 g, sugar 1 g,

Protein 33 g, sodium 118 mg

Spinach and Lemon Risotto

This lemon-infused spinach risotto bursts with vibrant flavors and an irresistibly creamy texture.

Serves 2 | Prep. time 15 minutes | Cooking time 40 minutes

Ingredients

- 2 tablespoons olive oil
- 5 garlic cloves, chopped
- 1 medium onion, chopped
- 1 cup arborio rice
- 5 cups low-sodium vegetable stock, divided
- ¼ cup nutritional yeast
- Zest from 1 lemon
- ¼ cup lemon juice
- 4 cups fresh spinach
- Kosher salt and freshly ground black pepper, to taste

Directions

1. Heat oil in a large pot or Dutch oven over medium heat.
2. Add the garlic and onion. Sauté for 2-3 minutes, stirring often.
3. Add the rice. Cook for 3 minutes, stirring often.
4. Add 1 cup stock. Cook, stirring constantly, until most of the liquid is absorbed.
5. Repeat step 4 until 4 cups of stock are used.
6. Add the nutritional yeast, lemon zest, lemon juice, and remaining 1 cup stock. Cook, stirring constantly, until all the liquid is absorbed.
7. Add the spinach. Cook for 1-2 minutes, stirring often.
8. Serve warm.

Nutrition per serving

Calories 604, fat 16 g, carbs 97 g, sugar 9 g,
Protein 19 g, sodium 201 mg

Roasted Lemon Potatoes

These lemon-flavored roasted potatoes are a Greek-inspired side dish. Salty, crisp potatoes become even more delicious to bite into when brightened by lemon.

Serves 6 | Prep. time 15 minutes | Cooking time 45 minutes

Ingredients

- 2 ½ pounds potatoes, cut into 1-inch pieces
- ⅓ cup olive oil
- 1 ½ teaspoons dried oregano
- Kosher salt and freshly ground black pepper, to taste
- ¼ cup fresh lemon juice
- 1 tablespoon garlic, minced
- 3 tablespoons flat-leaf parsley, chopped

Directions

1. Preheat oven to 400°F (204°C). Grease a baking sheet with cooking spray and set aside.
2. Add the potatoes to a large mixing bowl. Drizzle with oil and season with oregano, pepper, and salt. Toss until potatoes are well-coated.
3. Spread the potatoes onto the prepared baking sheet. Roast for 30-35 minutes, stirring halfway through.
4. Transfer the potatoes into a large mixing bowl. Drizzle with lemon juice and sprinkle with garlic. Toss until potatoes are well-coated.
5. Spread the potatoes again onto the same baking sheet. Roast for 10 minutes.
6. Garnish with parsley and serve.

Nutrition per serving

Calories 223, fat 11 g, carbs 31 g, sugar 2 g,
Protein 3 g, sodium 42 mg

Lemon Bars

These lemon bars are not only a wonderful dessert but a fantastic grab-and-go breakfast or snack!

Makes 16 bars | Prep. time 15 minutes

Cooking time 45 minutes | Refrigerating time 1 hour

Ingredients

- ½ cup all-purpose flour
- 1 cup superfine sugar
- 1 cup desiccated coconut
- 4 large eggs, lightly beaten
- 2 teaspoons pure vanilla extract
- 1 tablespoon lemon zest
- ½ cup fresh lemon juice
- 1 ½ cups whole milk
- ½ cup unsalted butter, melted

Directions

1. Preheat oven to 350°F (177°C). Line a 9-inch square cake pan with parchment paper and set aside.
2. In a large mixing bowl, combine the flour, sugar, coconut, eggs, vanilla, lemon zest, and lemon juice.
3. Slowly add the milk and butter, stirring constantly until just combined.
4. Pour the batter into the prepared cake pan. Bake for 45 minutes.
5. Remove from oven and let it cool completely. Once cooled, cover the pan with plastic wrap and refrigerate for 1 hour.
6. Serve chilled or at room temperature.

Nutrition per serving

Calories 154, fat 8 g, carbs 17 g, sugar 19 g,
Protein 2 g, sodium 69 mg

***These recipes and more are found in Louise Davidson's *Cooking with Lemons: Delicious Citrus-Based Recipes from Breakfast to Dessert*. To get your copy, click on the cover below or click [here](#).

