

# BUDDHA'S HAND



## HOW DOES IT TASTE?

Buddha's hand is like a lemon but has no juice, seeds, or pulp and is slightly sweet.

## HOW DO I PICK ONE?

Choose Buddha's hands that are bright, firm, and have a sweet smell. Avoid Buddha's hands with blemishes, moldy spots, or shriveled fingers.

## HOW DO I STORE IT?

Store Buddha's hands at room temperature or in a cool dark place for up to two weeks. Or store in the refrigerator for up to one month.

## HOW DO I PREPARE IT?

- Wash Buddha's hand well to remove any dirt and then dry it.
- Cut in half or into little pieces, break individual fingers off, or leave whole depending how you plan to use it.

## WHAT SHOULD I DO WITH IT?

- **Grate** or **peel** fingers to get a citrus-like zest. Use the zest in any recipe that calls for orange or lemon zest, such as **salad dressing**, **baked goods**, and **marinades**.
- Add slices to **water**, **tea**, or any other **beverage** of your choice.
- Make Buddha's hand **candy** – there are many recipes online!
- You can eat **ALL** parts of Buddha's hand.

## BUDDHA'S HAND VINAIGRETTE DRESSING

### Ingredients:

1/4 cup olive oil  
1 teaspoon salt  
2 tablespoons lemon juice  
2 tablespoons Buddha's hand zest  
2 tablespoons balsamic vinegar  
1/2 teaspoon fresh or dried thyme, minced  
1 clove garlic, minced

### Directions:

1. Combine all ingredients together in a bowl or jar. Mix or shake well.
2. Allow mixture to sit overnight.
3. Use as a dressing on a salad of your choosing.

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## KITCHEN TIP!

Parts not used for cooking can be used in laundry detergent, cleaning sprays, and other household cleaning supplies for a fresh smell.