



# HEALTHY to a "T"

March 2025

## Harvest of the Month

### Meyer Lemon



### FUN FACTS:

Meyer lemons are actually a hybrid of a mandarin & a lemon. Though they're sweeter than other lemons, they were only decorative for most of their history, and not eaten.

It wasn't until the 1970s that chefs began to use the Meyer lemon, and it grew in popularity, starting in California.

While regular lemons are grown year round, Meyer lemons are typically around from December to May.



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### Ask an RDN? What is that?

A Registered Dietitian Nutritionist (RDN) are food and nutrition experts who have meet the following criteria.

- Completed a minimum of a bachelor's degree at a US regionally accredited university or college (in 2024 a master's degree will be required)
- Completed an unpaid ACEND-accredited supervised practice program. This program usually is 12 months in length after undergrad or can be done at the same time as undergrad
- Passed a national examination
- Completed 75 continuing professional development every 7 years

### Where do Dietitian Nutritionists Work?

- Hospitals
- Sports Nutrition and corporate wellness programs
- Food and nutrition-related business and industries: communications, public relations, marketing
- Private Practice: working under contract with food companies or food management companies
- Community and public health settings: teaching and advising the public about how to improve their eating habits
- Universities and Medical Centers: teaching others about the science of food and nutrition
- Research: food and pharmaceutical companies

### Nutritionist vs RD/RDNs they are the same right?

Nope. Every dietitian is a nutritionist, but not every nutritionist is a dietitian. Anyone can claim to be a nutritionist. Some nutritionists do have certifications in general nutrition, but they lack the supervised practice experience, overall knowledge base and resources of a dietitian. In some states, it is actually illegal to practice nutrition without a proper license as a RD/RDN. RDN's are experts in food and nutrition. If you have any questions, make sure to ask! We will be happy to help you become a better you!

Melanie Wirth, RDN, LD, MBA,  
Corporate Dietitian, Taher, Inc.

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### Meyer Lemon – Thyme Spaghetti Recipe

4 servings

#### INGREDIENTS:

- 8 ounces dry spaghetti
- 4 Tbs unsalted butter
- 2 Tbs extra virgin olive oil
- 2 Tbs Meyer lemon juice
- 2 tsp fresh thyme, finely chopped
- 4 Tbs Parmesan cheese, grated
- Salt and freshly ground pepper



**NUTRITION SNAPSHOT:** 390 calories, 20 g total fat, 8 g sat fat, 0 g trans fat, 35 mg cholesterol, 110 mg sodium, 43 g carbohydrate, 2 g fiber, 3 g sugar, 0 g added sugar, 9 g protein

## HARVEST OF THE MONTH RECIPE - MARCH

- Featuring Meyer Lemon -

1. Cook the pasta in a large pot of boiling, salted water until it's al dente. (Al dente means "to the tooth." The pasta should be tender, but with a bite to it.)
2. As soon as you put the pasta in the water, add the butter, oil, lemon zest, lemon juice and thyme to a large sauce, or sauté pan. Over low-medium heat, let the butter melt. Then mix and let it gently simmer until the pasta is done.
3. Drain the pasta and add it to the pan with the sauce.
4. Season generously to taste with salt and pepper. Sprinkle with Parmesan and serve.

