

Lemon-Lime Sorbet

Straining the citrus juices guarantees that a seed or a seed fragment doesn't slip into the mixture.

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INGREDIENTS:

- 1½ cups sugar
 - 2 cups water
 - ½ cup strained fresh lemon juice (2 to 3 medium lemons), chilled
 - ½ cup strained fresh lime juice (about 3 large limes), chilled
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INSTRUCTIONS: In a 1½-quart saucepan, combine the sugar and water. Bring to a boil over medium heat, and gently boil for 5 minutes to reduce to 2 cups. Remove from the heat,

pour into a sturdy container and refrigerate. When cold, mix the sugar syrup with the cold lemon and lime juices. Pour the mixture into an ice cream machine and prepare it according to the manufacturer's instructions. For a firmer texture, place the sorbet in the freezer for several hours or overnight.

Yields a scant 1 quart

PER ½ CUP: 150 calories, 0 protein, 40 g carbohydrate, 0 fat, 0 cholesterol, 2 mg sodium, 0 fiber.