

oranges

grapefruit, clementines and tangerines

Citrus fruits taste delicious and are a great price during the winter months. A great source of Vitamin C, folate and fiber.

choose

Select firm, smooth oranges and grapefruit that are heavy for their size.

Select clementines and tangerines that are firm to slightly soft with a deep orange color.

1 pound = 3 medium sized oranges, 2 to 3 grapefruit or 5 to 6 clementines.



store

Oranges can be kept at room temperature for 1 to 2 days, and refrigerated for 1 to 2 weeks.

Grapefruit can be kept at room temperature for 1 week, and refrigerated for 2 to 3 weeks. Refrigerate tangerines and clementines for up to 2 weeks.

prepare

Remove the peel from oranges or grapefruit. Separate into individual segments.

1 orange = ½ cup orange segments

1 grapefruit = 1 cup grapefruit segments

1 clementine = ¼ cup clementine segments



citrus fruit salad

Use your favorite combination of fruit for an easy salad - oranges, grapefruit, kiwi, pineapple or blueberries.

Peel orange and grapefruit, and break into segments. Cut the peel off kiwi, and cut into bite size pieces. Rinse blueberries.

grapefruit segments

It's worth the mess to cut out the segments - the membrane in grapefruit can be bitter.

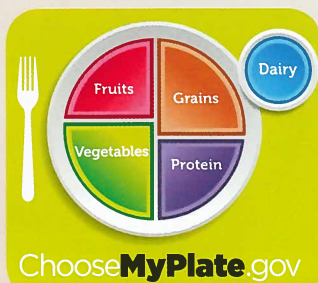
Cut off all of the skin and membrane around the grapefruit with a knife. Free each segment by cutting close to the membrane that separates them.



Peel and eat!

Oranges are delicious and fun to eat. They are easy to take along for a quick snack. Enjoy clementines, tangerines or oranges often.

Make at least half of your snacks fruits and veggies.





1 orange

Calories 69 (140g)	% Daily Value*	
Dietary Fiber (3g) 12%	•	Iron 1%
Vitamin A 7%	•	Vitamin C 138%
Potassium 7%	•	Folate 12%

*Percent Daily Values (%DV) are for adults or children aged 4 or older, and are based on a 2000 calorie diet. Your daily values may be higher or lower based on your individual needs.



1 pink grapefruit

Calories 97 (230g)	% Daily Value*	
Dietary Fiber (4g) 15%	•	Iron 1%
Vitamin A 53%	•	Vitamin C 120%
Potassium 9%	•	Folate 7%

*Percent Daily Values (%DV) are for adults or children aged 4 or older, and are based on a 2000 calorie diet. Your daily values may be higher or lower based on your individual needs.



1 tangerine

Calories 47 (88g)	% Daily Value*	
Dietary Fiber (2g) 6%	•	Iron 1%
Vitamin A 12%	•	Vitamin C 39%
Potassium 4%	•	Folate 4%

*Percent Daily Values (%DV) are for adults or children aged 4 or older, and are based on a 2000 calorie diet. Your daily values may be higher or lower based on your individual needs.



orange chicken salad

- 2 oranges
- 2 cups cooked chicken cubes
- 1 stalk celery
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- ¼ teaspoon curry powder (optional)
- ½ cup light mayonnaise

Step 1 Peel oranges, separate segments and cut into halves. Chop celery into thin slices.

Step 2 Combine chicken, orange segments, celery and mayonnaise in a bowl. Sprinkle with salt, black pepper and curry powder. Stir together.

Step 3 Serve on lettuce leaves, bread or crackers.

Makes 4 servings - One serving (¾ cup) has 211 calories, 9 gm fat, 452 mg sodium and 2 gm fiber.



ambrosia parfait

- 1 orange, peeled and cut into chunks
- 2 cups rice pudding
- coconut flakes

Step 1 Spoon rice pudding into 2 dishes.

Step 2 Top with orange chunks.

Step 3 Sprinkle with coconut flakes.

Makes 2 servings - One serving (1 cup) has 198 calories, 4 gm fat, 196 mg sodium and 1.5 gm fiber.

orange salsa

- 1 orange, peeled and cut into chunks
- ½ cup diced red bell pepper
- ¼ cup diced red onion
- 1 tablespoon chopped fresh cilantro
- 2 teaspoons red wine vinegar
- 1 teaspoon olive oil or vegetable oil
- salt and black pepper to taste

Step 1 Mix all ingredients together and refrigerate.

Makes 8 servings - One serving (¼ cup) has 15 calories, 0 gm fat, 125 mg sodium and .5 gm fiber.

Serve Orange Salsa with fish tacos, chicken, shrimp or salmon.



snack

- Carry an orange or clementine in your purse for a snack - they travel well!
- Serve orange or clementine segments with low fat yogurt. Try strawberry, pineapple or lemon flavored yogurt.
- Cut a grapefruit in half. Sprinkle lightly with sugar. Broil for 2 minutes. Cool and eat.

add more

- Serve orange segments with cottage cheese.
- Add orange slices to a bowl of oatmeal or breakfast cereal.
- Top a lettuce salad with orange or grapefruit segments.

orange creamsicle smoothie

- 1 cup frozen orange segments
- ½ cup orange juice
- 1 cup low fat vanilla yogurt
- 1 banana

Step 1 Peel banana and cut into large chunks.

Step 2 Combine orange segments, orange juice, yogurt and banana in a blender. Blend until smooth.

Makes 2 servings - One serving (12 ounces) has 218 calories, 1.5 gm fat, 83 mg sodium and 3 gm fiber.



freeze

How to freeze oranges:

Step 1 Peel oranges and break into segments.

Step 2 Pack tightly in freezer bags and freeze.

Step 3 Store oranges in a freezer at 0°F for 4 to 6 months.

tip: Freeze extra oranges and use later in smoothies.

