



Oh My Darlin' Clementines!



Whether fresh or canned these little beauties add flavor to a variety of dishes.

Clementine Poppy Seed Muffins

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| 2 ¼ cups whole-wheat pastry flour | ¾ teaspoon baking soda |
| ½ cup granulated sugar | 3 clementines |
| ¼ cup poppy seeds | 1 cup low-fat plain yogurt |
| 1 tablespoon baking powder | 2 eggs |
| 1 teaspoon ground ginger | 2 tablespoons butter, melted |

1. In a bowl, stir together the flour, sugar, poppy seeds, baking powder, ginger, and baking soda.
2. Finely grate the rind of 2 clementines; add to the bowl.
3. Peel all the clementines and coarsely chop segments to make about 1 cup; add to the flour mixture and toss to coat.
4. Whisk together the yogurt, eggs, and butter.
5. Pour over the flour mixture; stir just until moistened.
6. Spoon into 10 greased or paper-lined muffin cups, filling two-thirds full.
7. Bake in a 375°F oven for 20-25 minutes or until golden and the tops are firm to the touch.
8. Let cool in the pan on the rack for 5 minutes; transfer to a rack and let cool completely.

Yield: 10 muffins

One little clementine is loaded with Vitamin C, folate, and potassium—all for only 40 calories! What a bargain!

Clementine Jicama Salad

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| ½ teaspoon chopped garlic | 1 pound jicama, peeled and cut into ¼ inch matchsticks (~ 3 cups) |
| ¼ cup fresh lime juice | 1 red onion, thinly sliced |
| 3 tablespoons olive oil | ¾ cup packed cilantro |
| ½ teaspoon sugar | ½ cup queso fresco or mild feta, crumbled |
| ½ teaspoon ground pepper | ⅓ cup sunflower seeds |
| 8 clementines | |

1. Mince and mash garlic to a paste, then whisk together with lime juice, oil, sugar, and pepper in a large bowl.
2. Add clementines, jicama, onion, and cilantro. Toss gently.
3. Sprinkle with cheese and sunflower seeds. Serve immediately.

Yield: 8 servings

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Clementines have a very short season - November through January - so get 'em while the gettin's good!

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689 or visit online at <http://www.fns.usda.gov/fsp/outreach/coalition/map.htm>. This institution is an equal opportunity provider and employer.

Clementine-Black Bean Salad

- 2 cups cooked and chilled whole grain of choice (barley, brown rice, quinoa, etc.)
- 1 (15 oz.) can black beans, drained and rinsed
- 1 green pepper, chopped
- 1 bunch green onions, chopped
- 12 clementines, peeled and sectioned
- ¼ cup honey-mustard salad dressing
- Butterhead lettuce or other lettuce leaves (optional)

1. Combine all ingredients except the lettuce and chill. Serve on a bed of lettuce.
Yield: 4-6 servings

Beets With Clementines and Mint

- 8 beets (1 ½ inches in diameter) trimmed, scrubbed, and cut into wedges
- 2 tablespoons extra-virgin olive oil
- Salt
- Pepper
- 6 clementines, peeled and sectioned
- 2 tablespoons chopped fresh mint
- 1 teaspoon clementine peel, grated

1. Preheat oven to 400°F.
2. Toss beets with olive oil in medium bowl to coat.
3. Cut heavy-duty aluminum foil into two 15-inch squares. Place 1 square on baking sheet. Transfer beets to center of square, leaving 1-inch border around edges.
4. Sprinkle beets with salt and pepper. Scatter clementine segments on top of beets.
5. Place second sheet of foil over beet mixture; crimp edges to seal tightly.
6. Bake until beets are tender, about 1 hour.
7. Carefully open foil packet (steam will be released). Transfer beet mixture to large bowl.
8. Stir in fresh mint and clementine peel. Drizzle with olive oil if needed and season to taste with salt and pepper.
Yield: 12 servings

What if you have a hankering for any of these recipes in the clementine off-season?

Go ahead and use canned mandarin oranges! The end product will not be exactly the same, but you will still be pleased.

Where will this tiny little "CUTIE" show up at your next meal?

- Go ahead - Use your imagination -

Try it in smoothies, salsas, salads, or even with meat in the main dish!

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Clementine Orange Chicken

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| 4 – 5 clementines | ½ tablespoon cornstarch |
| 2 tablespoons soy sauce | 2 tablespoons vegetable oil |
| 1 teaspoon rice vinegar | 2 garlic cloves, peeled and minced |
| 1 teaspoon sesame oil | ⅛ teaspoon crushed red pepper flakes |
| 1 teaspoon brown sugar or honey | 1 pound boneless, skinless chicken tenders,
cut crosswise in half |
| 1 teaspoon grated fresh ginger or ¼ teaspoon
ground ginger | 4 green onions, thinly sliced |

1. Peel 2 of the clementines and divide into segments. Set aside.
 2. Peel the remaining clementines and squeeze the juice to make ⅓ cup.
 3. Add the soy sauce, vinegar, sesame oil, brown sugar (or honey), ginger and cornstarch to the orange juice. Stir to combine well. Set aside.
 4. Heat the oil in a large skillet or wok over medium-high heat.
 5. Add the minced garlic and crushed red pepper flakes to the hot oil. Stir-fry for 30 seconds.
 6. Add the chicken and stir-fry for 4 – 5 minutes until chicken is no longer pink and is starting to brown.
 7. Stir the orange juice mixture and pour into the skillet with the chicken.
 8. Cook, stirring constantly, until sauce is thick and bubbly, about 1 minute.
 9. Remove from heat and stir in the clementine orange segments.
 10. Scatter the sliced green onions over the top and serve.
- Yield: 4 servings

Look for clementines that are soft and blemish free with a shiny skin and uniform color (YUM!). Avoid those that are hard, dull, blemished, or with mold on the surface (YUCK!).

Clementine Cranberry Pork

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| 1 pork fillet | ½ of 15 ounce can cranberry sauce |
| Salt and pepper | 2 clementines |
| 1 teaspoon canola oil | Salt and freshly ground black pepper |

1. Season the pork with salt and pepper. Brush both sides with oil. Griddle on both sides until cooked through.
 2. Heat the cranberry sauce in a small pan
 3. Peel and segment clementines and place on griddle to color.
 4. Slice pork and arrange on a plate with cranberry sauce and clementine segments.
- Yield: Serves 2

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