# Objectives

Participant will:

1. Explain a health benefit provided by oranges.
2. Describe cost- and time-effective strategies for incorporating oranges into family meals.
3. Explain how to select oranges.
4. Describe preparation and storage techniques for oranges, including cleaning, juicing, storing, and how to zest.
5. Prepare and taste food that includes oranges.

## Required Materials:

- Recipe ingredients and utensils for demonstrations.
- Lesson handouts (see pgs. 7-8).
- Required paperwork for program.

## Optional Supplemental Materials:

- Oranges in various forms such as fresh, frozen, canned, etc.
- Citrus peeler, zester, juicer.

## Preparation Required:

- Practice lesson material so you are comfortable giving lesson.
- Practice recipes for demonstrations and understand recipe instructions and techniques.
- Gather ingredients and utensils needed for lesson and demonstration.
- Pre-chop fruits and vegetables needed for each demo.
- Make copies of handouts – enough for all class participants.
- Make copies of paperwork required by program.
- Prepare gelatin, pineapple, and orange mixture and chill for Orange Gladness at least 2-3 hours before class (see recipe pg. 8).
- Cut up lettuce and make salad dressing for Orange Romaine Salad (see recipe pg. 6).
- Pre-cook and chill chicken for Orange Chicken Salad (see recipe pg. 6-8).
LESSON PLAN

Introduction:
Time: 3-5 minutes

• Welcome everyone to class and thank them for making time to come.
• Briefly introduce yourself and the program.
• **Ask the class:** Can anyone guess what the most common grown tree fruit is in the world?
  o Oranges!
• Oranges have not always existed. It is believed that approximately 800-900 years ago in China, the first orange was produced. They are believed to be a cross between a pummelo and a mandarin.
• It is also believed that Christopher Columbus may have introduced oranges into the new world.
• Now over 68 million tons or 137 billion pounds of oranges are grown worldwide! They are primarily grown in Brazil and in the United States.
• **Ask the class:** Does anyone know which two states in America grow most of the oranges?
  o California and Florida.
• Roughly 99% of Brazil’s oranges are exported while 90% of Florida’s oranges are kept within the United States.
• The two most common oranges in the United States are the navel and the Valencia. The navel orange is a little easier to peel and is grown in California. Navels are the most common orange in grocery stores. The Valencia is grown in Florida and is typically turned into juice. As expected, they are juicer but they are a little harder to peel and typically have seeds.
• While the peels of oranges are edible, the white pith underneath the peel has a bitter taste, which prevents most people from eating that portion of the fruit.
• **Ask the class:** Since some oranges, like the navel orange, do not have seeds, does anyone know how they would produce more fruit trees?
  o Cutting and grafting. This means that every single navel orange tree branch and fruit comes from that original naval tree that was introduced to America nearly 200 years ago!
• Oranges also require warm tropical weather to grow, which is why we don’t see any orange orchards in Utah.

Objective 1: **Explain a health benefit provided by oranges.**
Time: 2-3 minutes

• **Ask the class:** What vitamin are oranges best known for?
  o Vitamin C.
• Not only is vitamin C an antioxidant but it also helps in the absorption of iron. The people at highest risk for iron deficiency include children, vegetarians, women, and women who are pregnant. Eating a fresh orange or drinking a glass of 100% orange juice with your cereal or toast can help you absorb more iron.
• Oranges are also high in folate. This is more great news for women who may become pregnant. Folate has been shown to reduce the risk of neural tube defects in unborn children.
• Oranges are full of dietary fiber, which helps regulate digestion, lowers cholesterol levels, aids in weight loss, and regulates blood sugars which reduces the risk for diabetes.
• Oranges are also a good source of potassium and vitamin A.
Objective 2: Describe cost- and time-effective strategies for incorporating oranges into family meals.
Time: 3-5 minutes

- **Ask the class:** How do you incorporate oranges into your family’s diet? Do you have any favorite recipes that include oranges?
- Oranges make terrific fresh squeezed orange juice for recipes and for drinking.
- Oranges are a great compliment to lettuce or spinach salads. Try topping your salad off with a light vinaigrette dressing.
- You may find recipes that call for orange zest. This is a great way to add flavor to recipes for cooking and baking.
- Orange marmalade is commonly made when oranges are in season. Try reducing the amount of sugar you use in your marmalade recipes or purchase a low sugar variety in the store.
- Oranges can be used as the main ingredient in recipes but they are more often used as an accent flavoring to other foods.

Objective 3: Explain how to select oranges.
Time: 2-3 minutes

- **Ask the class:** Does anyone have any tips on how to select fresh oranges at their prime?
- Select oranges that are heavy for their size. That means there is more juice inside.
- Avoid damaged, shriveled, or moldy spots on the skin.
- The skin of the orange might have a slightly green tint or a rough brown patch, which will not affect the quality of the orange.
- When purchasing oranges in bags or boxes, be sure to check the fruit for any damage or mold. Mold will spread quickly to the other fruit.
- Oranges are at their peak from December to March.
- When oranges are not in season, they can be enjoyed canned (mandarin), frozen, or as juice. When buying fruit juice, make sure it says 100% juice.

Objective 4: Describe preparation and storage techniques for oranges, including cleaning, juicing, storing, and how to zest.
Time: 5-10 minutes

- Fresh oranges can usually be stored at room temperature for 1-2 weeks. Oranges left at room temperatures will be juicier compared to refrigerated oranges.
- Keeping oranges *unwrapped* in the fridge increases their shelf life. Refrigerated oranges usually can be stored for at least two weeks. If the oranges are in a bag, leave the bag open to allow moisture to escape.
- Oranges need very little preparation. They only need a quick wash and peel before they are ready to eat.
- A citrus peeler can help make peeling an orange a little bit easier. Use a citrus peeler to cut a large circle around the stem of the orange. Remove the stem portion of the rind. Now make four cuts in the rind, starting from the edge of the exposed end of the orange all the way down to the opposite end. Try to make the four sections the same size. Be careful not to cut into the meat of the orange. Using your fingers, remove the four remaining sections of the rind. Now gently pull the orange in half. Remove any remaining core. Carefully separate pieces from each half.
- The white stuff under the rind is called pith and has a bitter taste. If you’re especially not fond of the white pith try this trick to make it come off a little easier when peeling. Place a whole
orange into a pot of boiling water before peeling it. Immediately after placing the orange in boiling water, remove the pan from the stove and allow the orange to sit in the hot water for 4-5 minutes. Remove the orange from the water and allow it to cool enough to handle before peeling. This will help the rind and pith to come off easier.

- To zest an orange, first wash and rinse the outside skin. Next use a grater or citrus zester to grate the outer layer of the peel. Avoid cutting into the white pith, which has a bitter taste. Store the orange for later use.

- When juicing oranges, navel oranges should be avoided. Select Valencia’s or a similar type of juicing orange. First, be sure that your oranges are warm. If they are not warm, place them in a bowl and run hot tap water over them for at least a minute. Next, take the orange and roll it on a surface against the palm of your hand. You should feel the flesh softening. After the flesh is softened, cut the orange crosswise. If you have a juicer, place a half onto the juicer, apply pressure and twist until all the juice is removed. If you do not have a juicer, squeeze each half in your hand, over a large bowl. Remove the seeds. Strain the juice to remove any undesired pulp.

- Freezing oranges is less common but is still possible. Oranges may be frozen whole or in sections. Be sure to freeze oranges that are not overly ripe or old. Once an orange has been frozen, the texture will be a little less firm and the flavor is slightly different but still very acceptable.

- Frozen whole oranges should be washed and completely dried. Three to four whole oranges should be placed into a gallon Ziploc bag. Remove as much air as possible and date the bag. Frozen oranges can be stored for up to 6 months. Once removed from the freezer, allow them to thaw completely at room temperature. Do not microwave them. Once they are thawed, enjoy!

- Segmented oranges can be frozen in a similar way as whole oranges. Place the orange segments in a dated Ziploc bag and remove as much air as possible. Freeze the oranges. Once removed from the freezer, allow them to thaw completely at room temperature. Do not microwave them. Once they are thawed, enjoy!

**Objective 5: Prepare and taste food that includes oranges.**

**Time: 20 minutes**

- Today we are going to make and taste a variety of recipes using oranges.
- This Orange Rice Medley really compliments the oranges. Just remember, if oranges are not in season, you can always use a can of drained mandarin oranges. This dish would compliment many chicken or fish dishes or you could just add chicken to this recipe. *Demonstrate Orange Rice Medley (see recipe pg. 6).* (Be sure to cook this dish first since it takes the longest).
- Did you know that oranges and most fruit for that matter can really compliment a green salad? This sweet and delicate salad goes with just about anything! Try also adding almonds, sesame seeds, and red onion to it or you can even add chicken to it to make it the main dish. *Demonstrate Orange Romaine Salad (see recipe pg. 6).*
- Orange Chicken Salad is a wonderful version of your boring old chicken salad. You can also experiment with this and try adding some new ingredients of your own. Grapes, apples, and almonds work well in the salad too. It can be served on a bed of lettuce, croissant, or bread of your choice. *Demonstrate Orange Chicken Salad (see recipe pg. 7).*
- Do you ever get sick of the same old sandwiches for lunch? Ham and cheese or PB & J? Today, we’re going to think outside of the box! This California inspired sandwich will cause most to do a double take when they see it. *Demonstrate Turkey, Avocado, Orange Sandwich (see recipe pg. 7).*
• Here is a wonderfully light and rewarding dish that can be served with a meal or after a meal as a dessert. The best thing about this dish is that it still tastes great with sugar free, fat free, and low fat ingredients! Demonstrate Orange Gladness (see recipe pg. 8).
• During the late fall and early winter, we are always looking for a healthy snack with cinnamon or nutmeg. Demonstrate Cinnamon Oranges (see recipe pg. 8).

Conclusion
Time: 5 minutes

• Oranges are a tasty, healthy way to get fruit into your breakfast, lunch, dinner, and snacks. They are packed not only with abundant flavor but are also loaded with good nutrition.
• Ask the class: What did you learn today that you didn’t know about oranges before taking this class?
• Ask the class: What will you do differently to make oranges a part of your families’ diets now that you have had this lesson?
• Ask the class: Are there any questions?
• Thank you for attending.
Serve samples.

References:


This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689 or visit online at http://www.fns.usda.gov/snap/. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3752.
Orange Rice Medley

½ cup onion, chopped  
1 cup green pepper, chopped  
1 teaspoon olive oil  
1 cup uncooked brown rice  
1 ½ cups chicken or vegetable broth  
½ cup orange juice  
¼ teaspoon salt  
Dash of ground black pepper  
1 large orange, peeled, separated and cubed

In a medium sized saucepan, over medium heat, sauté onion and peppers in oil until tender. Add rice; stir until lightly browned. Add broth, orange juice, salt and pepper; bring to a boil. Reduce heat; cover and simmer for 40-50 minutes or until liquid is absorbed and rice is tender. Stir in oranges right before serving.

Yield: 6 servings

Orange Romaine Salad

2 tablespoons apple cider vinegar  
1 tablespoon vegetable oil  
¼ cup sugar  
¼ teaspoon salt  
¼ teaspoon paprika  
½ cup dried cranberries  
1 head romaine lettuce, torn in bite size pieces  
2 oranges, peeled, separated and pieces cut in half  
Optional: Almonds, sliced; sesame seeds; red onion, diced.

In a small saucepan combine vinegar, oil, and sugar and bring to a boil. Take off heat and stir in salt and paprika. Place in small container and chill before adding to salad. Place the lettuce into a large serving bowl and add the cut up oranges and dried cranberries. Right before serving, drizzle dressing over the salad. Toss thoroughly to coat salad with dressing. Add optional almonds, sesame seeds and/or onion as desired.

Yield: 8 servings

Selecting Oranges

Oranges are at their peak from December to March.
Select oranges that are heavy for their size. Chances are, they will be juicier!
Avoid oranges with damaged, shriveled, or moldy spots.

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Orange Chicken Salad

½ cup Greek style plain yogurt, fat free  
⅔ teaspoon salt  
⅔ teaspoon pepper  
⅔ teaspoon curry powder  
3 stalks, celery, diced  
2 cups cooked chicken, cubed  
3 small or 2 large oranges, peeled and separated  
Optional: grapes; diced apple; sliced almonds

In a medium sized mixing bowl, combine the yogurt, salt, pepper, and curry powder. Stir until combined. Add diced celery and chicken to the mayo mixture. Stir to coat chicken and celery evenly. Add in oranges and lightly stir to coat. Chill before serving. Serve on a bed of lettuce or as a sandwich.  
Yield: About 4 servings

Turkey, Avocado, Orange Sandwich

2 ounces turkey, sliced  
⅔ large ripe avocado, sliced  
¼ orange, peeled and sliced crosswise  
2 rings red onion, thinly sliced  
⅔ tablespoon balsamic vinegar  
2 slices whole wheat bread

Place turkey, avocado, orange slices, and red onion on one slice of bread. Drizzle balsamic vinegar over toppings and top with the second slice of bread. Put two toothpicks into each half and cut in half.  
Yield: 1 sandwich

Storing Oranges

➢ Fresh oranges can usually be stored at room temperature for 1-2 weeks. Oranges left at room temperatures will be juicier compared to refrigerated oranges.

➢ Keeping oranges unwrapped in the fridge increases their shelf life. Refrigerated oranges usually can be stored for at least two weeks. If the oranges are in a bag, leave the bag open to allow moisture to escape.

➢ Oranges need very little preparation. They only need a quick wash and peel before they are ready to eat.
Orange Gladness
2 oranges, peeled, separated and chopped 16 ounces low fat cottage cheese
8 ounce can crushed pineapple, drained 8 ounces fat free whipped topping, thawed
6 ounce package sugar free orange gelatin

Place the oranges and pineapple into a large mixing bowl. Prepare orange gelatin according to instructions on the box. Pour heated gelatin mixture over fruit in mixing bowl. Mix well and allow to chill for 2-3 hours. Once chilled, mix in the cottage cheese. Last, gently fold in the whipped topping.

Yield: 6-8 servings

Cinnamon Oranges
2 teaspoons orange juice
2 teaspoons lemon juice
1 teaspoon ground cinnamon
4 navel oranges

Mix orange juice, lemon juice, and cinnamon in a bowl. Remove the orange peel and separate oranges into sections. Drizzle juice mixture over oranges and enjoy!

Yield: 4 servings

- A citrus peeler can help make peeling an orange a little bit easier.
- The white stuff under the rind is called pith and has a bitter taste.
  - If you're not fond of the white pith place a whole orange into a pot of boiling water before peeling it. Immediately after placing the orange in boiling water, remove the pan from the stove and allow the orange to sit in the hot water for 4-5 minutes. Remove the orange from the water and allow it to cool enough to handle before peeling. This will help the rind and pith to come off easier.
- To zest an orange, first wash and rinse the outside skin. Next use a grater or citrus zester to grate the outer layer of the peel. Avoid cutting into the pith.