



Oranges



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
⅛ 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 serving

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

½ teaspoon salt

⅛ teaspoon pepper

⅛ 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

⅓ large ripe avocado, sliced

¼ orange, peeled and sliced crosswise

2 rings red onion, thinly sliced

½ 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.

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Orange Gladness

2 oranges, peeled, separated and chopped
8 ounce can crushed pineapple, drained
6 ounce package sugar free orange gelatin

16 ounces low fat cottage cheese
8 ounces fat free whipped topping, thawed

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.
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