



Fight the Winter Blues with Citrus Fruits

As we enter the cold days of winter, you may find yourself in need of a little sunshine. Did you know that most citrus fruits ripen to their sweetest and juiciest during the winter months? They are a natural immune booster, full of vitamin C and powerful antioxidants. Not only do they fight illness, but they also taste great too! Take advantage of their bright color and powerful flavor to help fight the winter blues. Look for lemons, limes, oranges, grapefruit, and kiwi at great prices in the produce section.

Here are ten ways to add citrus fruit to your winter diet:

1. Freshen up a salad. Citrus fruits are both sweet and sour. That combination makes for the perfect salad topping.
2. Take Water to the next level. If you're struggling to drink enough water, try freshening it up a bit. Flavored ice cubes add a little flavor and make water more fun to drink.
3. Eat an Orange they have a reputation for being healthy and delicious. It is a reputation that is well-deserved! Just one orange provides you with all the vitamin C you need for the day.
4. Start the Morning Right. Create a breakfast parfait to fuel your body in the morning.
5. Did you know that a citrus marinade will not only flavor chicken and steak, but will tenderize it as well?
6. If you enjoy cool treats like ice cream and popsicles, try something fruity like fruit sorbet.
7. It's likely you'll find clementines on sale at the grocery store this time of year. They are small, sweet, and portable.
8. Did you know that oranges, lemons, and limes are a great way to flavor your baked steak fries?
9. Add spice to your life and citrus. Capsaicin is an alkaline molecule so pairing it with something acidic like citrus juice can help neutralize some of the heat.
10. Are you familiar with fruits that are fuzzy, brown, and egg-shaped? Kiwi contains 230% of the daily recommended intake of Vitamin C, which stimulates the body's immune response.

Steak Tacos

Makes: 6

Ingredients

- 1 pound steak, cut thin.
 - 6 corn tortillas
 - 2 cups orange juice
 - 1 Tbsp. cumin
 - 1 tsp. Worcestershire sauce
 - 1 white onion, chopped
 - 1 lime, sliced
 - 1 avocado
 - 4 Tbsp. Cilantro, chopped fine
- Optional ingredients:** tomatoes, sour cream, salsa, black beans, rice

Directions

In a large mixing bowl combine orange juice, garlic powder, cumin, and Worcestershire sauce. Place the steak in the bowl with the marinade. Cover and refrigerate for at least one hour. Heat a large skillet over medium heat. Place the steak in the skillet and heat until cooked through. While the steak is cooking, heat a medium skillet over low medium heat and warm each corn tortilla. Once warmed, place tortillas in aluminum foil to keep them warm. Place steak, onion, avocado, cilantro, and optional ingredients inside each tortilla. Squeeze a lime slice over top and serve.