



## ADD A HEALTHY SQUEEZE WITH ORANGES



Oranges and their “cousins,” mandarins and tangerines, are a concentrated source of vitamin C, an antioxidant that supports the body’s defenses and protects against the effects of aging. They’re also a good source of potassium, which supports a healthy heart. One whole orange can fulfill the recommended daily intake of vitamin C and usually has less than 100 calories, depending on the size and variety. Oranges can provide dietary fiber, too, but you must eat orange segments (not just the juice) to fully get this benefit.

### ORANGE YOU GLAD THERE ARE SO MANY KINDS?

Most types of oranges (and many other citrus fruits) hit their seasonal peak in the winter, but some growing regions can produce tasty citrus year round.

**NAVEL ORANGES**, named for the “belly button” formation on one end, are seedless and one of the sweetest-tasting varieties, which makes them a favorite for juicing or snacking.

**VALENCIA ORANGES** are one of the few varieties with its seasonal peak in the summer. They are tangy, sweet and popular for juicing or recipes.

**MORO ORANGES** are widely known as “blood oranges” because of their deep ruby-colored flesh. But don’t be scared off by the name—they are sweet and mild, great for snacking or juicing.

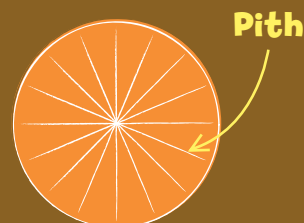
**CARA CARA** oranges are mildly sweet with a tart zing. They’re great for salads, salad dressings or in savory recipes.

**MANDARINS** are a group of small, seedless citrus fruits (including Satsumas and Clementines) with thin skins that are easy to peel, which makes them ideal for snacking and salads. The flavor is sweet and mild.

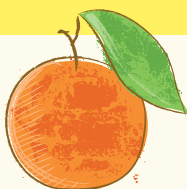
**TANGERINES**, a subgroup of mandarins, are darker in color, mild and sweet with subtle tartness. They’re also seedless and easy to peel for snacking or recipes.

### SHOPPING TIP!

Some kids don’t like the fibrous “white stuff” that connects orange segments and skin (called the pith). For less pith, choose according to what’s in season, which will tend to be more sweet and juicy. Mandarins and tangerines also tend to have less pith than other varieties.



### GO A STEP FURTHER Serve oranges for dessert!



- Place fresh orange segments in a bowl and sprinkle them with coconut flakes and crushed almonds or pistachio nuts.
- Make orange parfaits: layer orange segments with plain or vanilla yogurt and sprinkle on cinnamon or fresh mint (optional).
- Add orange segments to gelatin before it sets.
- Make quick orange sorbet: blend together segments from 2 seedless oranges (peeled), 1 tablespoon sugar and 3–4 cups ice (if too thick, add water or orange juice as needed).
- Pour orange juice into molds and freeze to make orange popsicles or ice cubes.

**Tip:** Read the *Get Sweet on Fruit* edition of *Better Bites* for more fruity dessert ideas.

### TIPS FOR PARENTS Spread More Sunshine

Orange segments, juice or zest bring sweetness and bold, bright flavor to recipes without adding refined sugars or fat:

- Add fresh orange segments to salads.
- Add orange zest to pancakes, muffins and other baking recipes.
- Blend fresh orange segments into a smoothie.
- Use orange juice as the sweet ingredient in salad dressings or marinades for meats and seafood.
- Use orange juice instead of maple syrup to sweeten baked beans.
- Squeeze the juice of an orange into a stir-fry.



## HANDS-ON ACTIVITY Share a Snack with the Birds

### What You'll Need

leftover orange peel, birdseed, string or twine

Enjoy a sweet citrus snack. Then make a bird feeder with the peel!

### Step 1

Cut an orange (or other citrus fruit) in half and scoop out (or juice out) the flesh inside to enjoy for a snack. Try to keep most of the peel intact so it's shaped like a bowl.

### Step 2

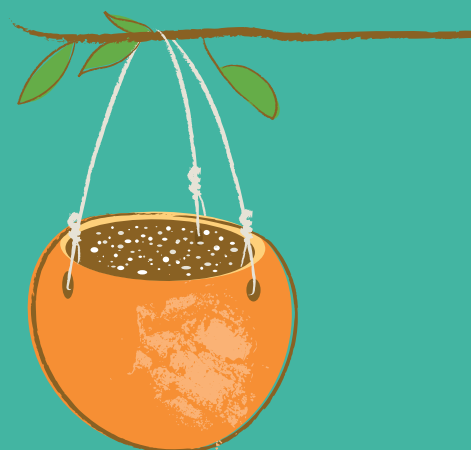
Poke three holes evenly spaced around the peel about ½"–1" below the opening.

### Step 3

Cut three pieces of string or twine to a length of 18" or longer and thread one through each hole. Tie a knot in the end of each string so the peel can hang from it.

### Step 4

Tie the opposite ends of the three strings together in a large knot, fill the orange peel with birdseed and suspend it from a tree.



## RECIPES

Let kids help with the simple steps in **bold**!

### BREAKFAST

#### Orange Tortilla Twist

Oranges give sweet flavor and vitamin C to a breakfast wrap that's easy to eat on the run.

1 whole grain tortilla  
"smear" of your choice:  
refried beans, hummus  
or mashed avocado

1 seedless orange, peeled  
and segmented  
other sliced fruit: strawberries,  
bananas, apples, etc. (optional)

**Step 1: Spread beans/hummus/avocado on the tortilla (can substitute whole grain toast or English muffin if preferred).**

**Step 2: Arrange fruit on top, roll it up and enjoy.**

### LUNCH

#### Spinach & Orange Salad

Toss this easy mix together for a healthy lunch.

1 bunch fresh baby spinach leaves, rinsed and dried  
2 mandarin oranges, peeled and segmented  
¼ cup slivered or chopped almonds or walnuts  
¼ cup red onion, finely chopped (optional)  
2 tablespoons orange juice  
1 tablespoon red wine vinegar  
1 tablespoon olive oil  
salt and pepper to taste

**Step 1: Whisk together orange juice, vinegar, olive oil and onion.**  
**Step 2: Just before serving, gently toss the dressing with the spinach, oranges and nuts.**  
**Step 3: Add salt and pepper to taste.**  
**Tip: In the lunchbox, pack dressing portion separately and mix when eating to prevent wilted spinach.**

### DINNER

#### Green Beans with Mint & Orange

Add bright flavor to crisp green beans with the juice and zest of your favorite seasonal oranges.

1 ½ pound green beans, trimmed  
3 small or 2 large seasonal oranges  
1 ½ tablespoon miso or soy sauce  
½ teaspoon black pepper  
⅓ cup pistachios  
3 tablespoons fresh mint leaves (optional)

**Step 1: Steam green beans until tender and bright, about 5 minutes.**  
**Step 2: Zest and squeeze the oranges.**  
**Step 3: Whisk together the orange juice, zest, miso or soy sauce and pepper.**  
**Step 4: Place green beans in a serving bowl, drizzle with the orange dressing and sprinkle with pistachios and mint.**

### DINNER

#### Orange Dessert Quinoa

This quick and easy dessert includes quinoa, a protein-packed grain found in the grocery store on the rice or bulk aisle. (Read *Better Bites: Bulk Up on Value* for more bulk grain ideas and tips.)

1 ½ cups quinoa  
2 cups orange juice  
1 tablespoon brown sugar or honey  
1 tablespoon butter  
3 tablespoons chopped nuts  
cinnamon to taste (optional)

**Step 1: Rinse quinoa thoroughly, then place it in a medium stock pot.**  
**Step 2: Add the orange juice, brown sugar or honey and butter.**  
**Step 3: Bring to a boil, then simmer, covered, for about 10 minutes, until quinoa is tender.**  
**Step 4: Fluff with a fork, sprinkle with nuts and cinnamon.**

Source: *The Ultimate Rice Cooker Cookbook*

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