

Oranges

Excellent source of Vitamin C;
Good source of Fiber, Thiamin and Folate

Avocado-Orange Salad

¼ cup lime juice
1 T. vegetable oil
2 tsp. minced garlic
2 tsp. honey
Salt and pepper to taste
4 avocados, halved, pitted, peeled, diced
2 cups oranges segments (4-5 oranges)
½ cup red onion, thinly sliced



Whisk lime juice, oil, garlic, honey, salt, and pepper together in a bowl. Add avocado, orange, and onion; toss to coat. Makes 5 (1 cup) servings.

Shrimp and Citrus Cocktail

1 pound peeled, large cooked shrimp with tails
1/3 cup olive oil
1/3 cup red wine vinegar
2 large shallots, minced
2 tsp. Dijon mustard

2 tsp. orange zest
½ tsp. salt
½ tsp. dried, crushed red pepper
2 large navel oranges, peeled and sectioned
3 T. chopped fresh basil

Devine shrimp, if desired. Whisk together olive oil and next 6 ingredients in a large bowl. Pour mixture into a large zip-top freezer bag; add shrimp, turn to coat. Seal and chill 3 to 8 hours, turning occasionally. Drain shrimp mixture. Makes 4-6 servings.

Orange Fruit Cups

2 medium navel oranges, halved
1 small apple, diced
11 small banana, sliced

¼ cup vanilla low-fat Greek yogurt
¼ tsp. cinnamon

Using a paring or grapefruit knife, scoop out pulp from oranges, leaving a shell. Separate orange sections and chop; transfer to a small bowl. Add the apple, banana, yogurt and cinnamon. Fill orange shells with fruit mixture. Sprinkle with additional cinnamon if desired. Serve immediately. Makes 4 servings.

Using Leftover Citrus

- After juicing citrus fruits, freeze the rinds in a zip-top bag. When a recipe calls for minced zest, pull the rinds from the freezer and remove the zest.
- Toss juiced citrus halves and herb stems into a freezer bag and freeze. Thaw and stuff into a chicken for added flavor when roasting.

Tropical Citrus Compote

½ cup water	1 ½ cups orange sections (about 3 oranges)
½ cup sugar	1 ½ cups chopped, peeled mango (about 1)
1 tsp. grated lime rind	1 ½ cups chopped, peeled papaya (about 1)
1 tsp. grated orange rind	1 cup red grapefruit sections (about 1)

Combine water and sugar in a small saucepan; bring to a boil, stirring until sugar dissolves. Remove from heat; stir in rinds. Cool to room temperature. Strain sugar mixture through a fine sieve; discard solids. Combine orange and remaining ingredients in a bowl. Add sugar mixture; toss gently. Makes 4 servings.

Scallops in Orange-Butter Sauce

1 (16 oz.) package vermicelli	1 T. olive oil
5 T. butter, softened and divided	6 T. fresh orange juice
12 large sea scallops (about 1 ½ lb.)	6 T. dry white wine
½ tsp. kosher salt	½ tsp. orange zest
¼ tsp. pepper	Garnish: shredded fresh basil

Cook vermicelli according to package directions; drain, toss with 2 T. butter, and keep warm. Rinse scallops, and pat dry with paper towels; sprinkle with kosher salt and pepper. Melt 1 T. butter with 1 ½ tsp. olive oil in a large skillet over medium-high heat; add 6 scallops, and cook 2-3 minutes on each side or until golden. Remove from skillet, cover loosely with aluminum foil, and keep warm. Repeat procedures with remaining butter, olive oil and scallops. Combine orange juice and wine in a small saucepan; cook over medium-high heat 10 minutes or until mixture is reduced by half. Remove from heat; stir in orange zest and remaining 1 T. butter. Divide vermicelli among 4 plates; top with scallops and sauce. Garnish if desired. Makes 4 servings.

Mandarin Spinach Salad

For Vinaigrette:	For Salad:
3 T. vegetable oil	8 cups baby spinach
3 T. rice vinegar	1 (11 oz.) can mandarin orange segments, drained
2 tsp. honey	1 cucumber, seeded, sliced thinly into half moons
2 tsp. minced fresh gingerroot	½ cups thinly sliced button mushrooms
1 tsp. Dijon mustard	½ cup sliced almonds, toasted
¼ tsp. sesame oil	¼ cup thinly sliced scallions
Pinch of salt	½ cup chow mein noodles

Whisk together vinaigrette ingredients. Combine salad ingredients—except noodles. Use noodles for garnish. Makes 4 servings.