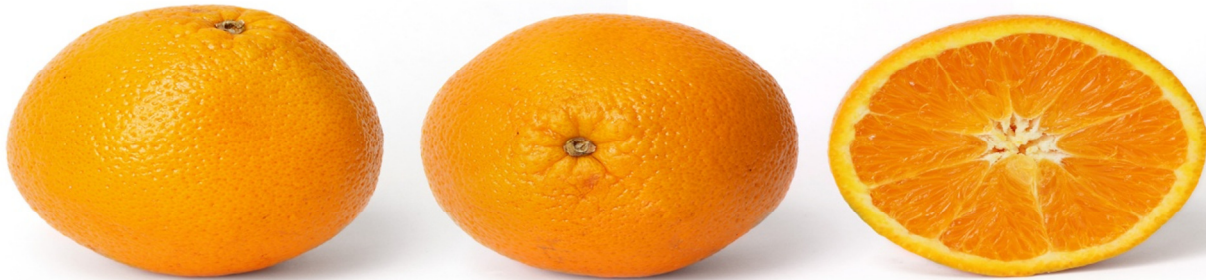


The Full Squeeze on Oranges!

Oranges are one of the most popular fruits in the world and it's no wonder why! Portable, colourful, juicy, sweet & delicious, oranges are also a nutritional powerhouse and can be used in a multitude of ways. Read on to learn more about this incredible fruit!



Vitamins & Minerals in Oranges

- Vitamin C – one cup of oranges provides more than one day's worth of the recommended amount!
- Potassium – one cup of oranges provides about 7% of your daily requirement.
- Calcium – one cup of oranges provides 72mg of calcium. Calcium is essential for strong bones and teeth!
- Vitamin A – one cup of oranges provides 405iu of Vitamin A. Vitamin A is essential for immune and eye health.

“Orange” You Glad We Told You That...

...oranges were cultivated in China as far back as 2500 BC.
 ...the Spanish introduced the sweet orange to the American continent in the mid-1500s.
 ...orange translates to “Chinese apple” in several modern languages.
 ...there are more than 600 varieties of oranges in the world!
 ...the orange is technically a hesperidium, a type of berry!

Blueberry Orange Parfait

Ingredients:

1 ½ T turbinado sugar
 ½ t grated orange rind
 2 (6-7oz) containers of reduced fat plain Greek yogurt
 2 cups fresh blueberries
 2 cups orange sections (about 2 large)
 ¼ cup wheat germ

Preparation:

1. Combine the first 3 ingredients in a small bowl, stirring until blended. Spoon ¼ cup blueberries in each glass. Add ¼ cup of orange to each serving. Repeat layers with remaining blueberries, yogurt mixture and orange. Sprinkle 1 T of wheat germ over each serving. Serve immediately.

Nutritional Information

Amount per serving
Calories: 186
Fat: 3g
Saturated fat: 1.6g
Monounsaturated fat: 0.1g
Polyunsaturated fat: 0.5g
Protein: 11.8g
Carbohydrate: 31.9g
Fiber: 4.2g
Cholesterol: 5mg
Iron: 1mg
Sodium: 34mg
Calcium: 125mg



Chicken with Honey-Orange Sauce

Ingredients:

2 navel oranges	1 T canola oil
2 T all-purpose flour	1 cup white wine
½ t salt, divided	½ cup golden raisins
¼ t freshly ground pepper	2 T honey
1 ¼ lb boneless, skinless chicken breasts	1 3-inch cinnamon stick
1 cup reduced-sodium chicken broth	½ cup slivered almonds, toasted

Preparation:

1. Zest and juice one orange. Remove skin and white pith from the other orange, then halve and slice. Reserve zest and juice separately from the orange slices.
2. Combine flour, ¼ t salt & pepper in a shallow dish. Dredge chicken in the flour, shaking off any excess. Transfer the remaining flour to a small bowl, add broth and whisk to combine.
3. Heat oil in a large nonstick skillet over medium heat. Add the chicken and cook until browned (3-4 minutes/side). Transfer to a plate. Add wine to the pan and cook for 1 minute. Add the flour-broth mixture, the reserved orange zest and juice, raisins, honey, cinnamon stick and the remaining ¼ t salt; bring to a boil. Reduce heat to a simmer, return the chicken and any accumulated juices to the pan and cook, turning the chicken once or twice, until meat thermometer reads 165F and sauce has thickened, 10-12 minutes.
4. Transfer the chicken to a serving platter. Discard the cinnamon stick. Spoon the sauce over the chicken and garnish with reserved oranges and almonds. Serves 4.

NUTRITION

Per serving: 420 calories; 13 g fat (2 g sat , 7 g mono); 74 mg cholesterol; 37 g carbohydrates; 31 g protein; 3 g fiber; 395 mg sodium; 587 mg potassium.

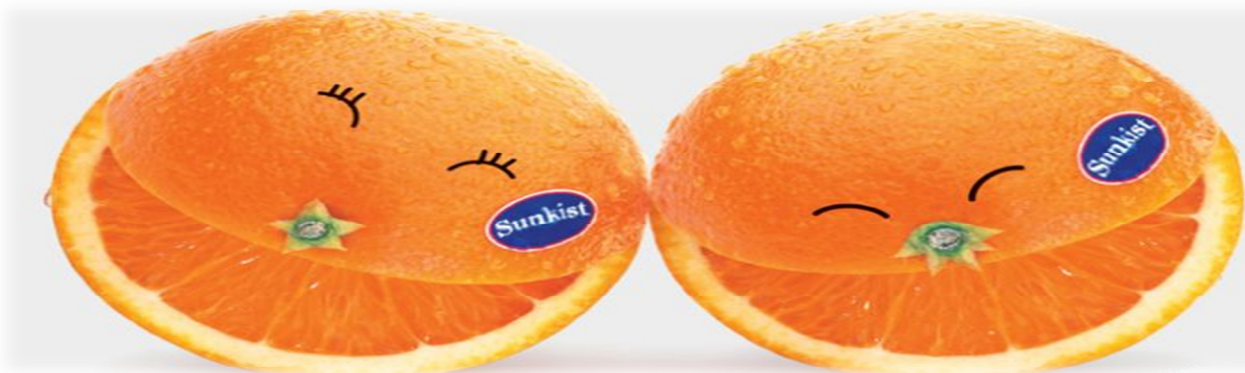


Shh.... “Secret Agent” Oranges Can Also:

Be used for kindling!
Flammable oils found inside the peels enable them to burn much longer than paper.

Act as ant repellent!
Make a puree of orange peels in blender with 1 cup warm water and pour solution over and around anthills to get rid of them!

Freshen Your Home!
Simmer several citrus peels in 1-2 cups of water in a pot on the stove for a few hours and enjoy the fresh



Sources: www.myrecipes.com, www.eatingwell.com, www.livestrong.com, www.rd.com