



FRUIT OF THE MONTH ORANGE



Oranges are highly valued for their vitamin



content. It is, in fact the

primary source of vitamin C for most Americans. This wonderful fruit has more to offer nutritionally than just this one nutrient, containing sufficient amounts of folacin, calcium, potassium, thiamin, niacin and magnesium. Most of the consumption of oranges is in the form of juice. Eating the whole fruit provides 130% of the RDA for vitamin C, less than the juice, but more fiber, which is not present in the juice.

Oranges

Serving size 1 - medium** (154g/5.5oz)

Amounts Per Serving

Calories 70 Calories from Fat 0

	% Daily Value*
Total Fat 0 g	0 %
Sodium 0 mg	0 %
Potassium 269 mg	7 %
Total Carbohydrates 21 g	7 %
Dietary Fiber 7 g	28 %
Sugars 14 g	
Protein 1 g	

Vitamin A 2%	Vitamin C 130 %
Calcium 6 %	Iron 2 %

The fruit is technically a hesperidium, a kind of berry. It consists of several easily separated carpels, or sections, each containing several seeds and many juice cells, covered by a leathery skin, containing numerous oil glands. Orange trees are evergreens, seldom exceeding 30 ft in height. The leaves are oval and glossy and the flowers are white and fragrant.

These semi tropical evergreens probably originated in Southeast Asia. Columbus and other European travelers brought sweet orange seed and seedlings with them to the New World. By 1820 there were groves in St Augustine FL. and by the end of the Civil War oranges were being shipped North in groves. A freeze produced a major set back in production in 1895, but by 1910 crops in Florida had been reestablished.

Florida is the number one citrus producer, producing 70% of the U S crop, with 90% of that going into juice. However, Arizona Texas, and California also produce small amounts, with variations in color and peel. (Wellness Encyclopedia of Food and Nutrition, 1992).

Varieties include the sweet orange, the sour orange, and the mandarin orange, or tangerine. The U S produces the sweet variety. Spain produces the sour variety, Seville, which is used in marmalades and liquers. Most all oranges have a yellow orange color with sizes ranging from small to large. The inside of an orange is plump and juicy. Sweet favorites include the Blood, Hamlin, Jaffa, Navel, Pineapple and Valencia, shown here.



The color depends on the climate. Florida's warm days and nights produce oranges with some green in the skin coloring. California and Arizona oranges tend to have deeper orange color due to cooler desert nights.

The principal varieties of the sweet orange cultivated by orange growers of the eastern United States are

the Hamlin and Parson Brown, both early-maturing, seedy varieties with thin, russet skin and juicy pulp. Both eastern and western growers cultivate the Valencia, a late variety that is commercially seedless. Fresh oranges from California and Arizona are available throughout the year, with two major varieties, Navels and Valencias. The Moro orange (a type of blood orange) and the red Cara Navel are two Western-grown seasonal varieties. The Navel orange is a seedless orange, with medium-thick rind, in which a second small, orange grows. A variety of the Washington Navel orange is the principal orange product of Texas.

Selecting: All varieties should be firm, heavy for size, and have fine-textured skin. Look for fruit which is firm and heavy for its size, with bright, colorful skins. Skin color is not a good guide to quality. Fruits may be ripe even though they may have green spots. Avoid fruit with bruised, wrinkled or discolored skins; this indicates the fruit is old or has been stored incorrectly. Citrus fruit peel may vary in thickness, depending on weather conditions during the growing season. Thinner skins tend to be juicier than thick skin fruits.



Storing: Oranges can be stored at room temperature, in the refrigerator without plastic bags or in the crisper drawer for up to 2 weeks. They do not ripen further after harvest. Fresh-squeezed juice and grated peel or zest may be refrigerated or frozen, but whole citrus fruit should not be frozen.

Oranges may exhibit some re-greening of the skin; this does not adversely affect internal fruit quality. Neither does surface scarring, which occurs when wind brushed young fruit against the tree.



Make Oranges Part of Your 5 A Day Plan:

It is easy to include oranges in your 5 A Day Plan.

- Drink a cool glass of orange juice for breakfast or serve orange halves instead of grapefruit for a change.
- Combine the juice with other fruits and a yogurt in the blender for a smoothie any time of day.
- A couple of tablespoons of orange juice concentrate can be added to fruit cup for a great flavorful sauce.
- Cut oranges into wedges and eat them for a light snack or use them as edible garnishes.
- Buy a zesting tool or grate orange rind to use in recipes, rice, or stir fry for added flavor.
- Carry an orange with you wherever you go, They come in their own covered container so you can just peel and eat orange segments whenever the snack craze occurs.
- Orange juice can be used over fresh fruits to prevent browning.



Recipes Recipes Recipes Recipes

Orange Sorbet

Source: Cooking light

- 1 cup sugar
- 1 cup water
- 2 tablespoons light-colored corn syrup
- 3 cups fresh orange juice

Combine first 3 ingredients in a small saucepan. Bring to a boil over medium-high heat; cook 45 seconds or until sugar dissolves. Remove from heat; cool completely. Stir in orange juice. Pour mixture into the freezer can of an ice-cream freezer, and freeze according to manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze 1 hour or until firm. Yield: 8 servings (serving size: 1/2 cup)

CALORIES 154 (1% from fat); FAT 0.1g (sat 0g, mono 0g, poly 0g); PROTEIN 0.6g; CARB 38.8g; FIBER .20g; CHOL 0mg; IRON .10mg; SODIUM 7mg; CALC 9mg

Orange-Soy Vinaigrette:

Source: Cooking Light

- 1/2 cup orange juice
- 1/2 cup pineapple juice
- 1 tablespoon minced fresh parsley
- 2 tablespoons fresh lime juice
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon dark sesame oil
- 2 teaspoons sugar
- 1 teaspoon lemon pepper

Combine all ingredients in a jar; cover tightly, and shake vigorously.
Yield: 11/3 cups (serving size: 2 tablespoons).

Calories 43 (57% from fat); Fat 2.7g (sat 0.4g, mono 1.5g, poly 0.7g); Protein 0.2g; Carb 4.3g; Fiber .10g; Chol 0mg; Iron .10mg; Sodium 79mg; Calcium 5mg

Orange Beef

Source: Cooking Light

Preparation time: 18 minutes

1 1/2 cups (1 [5 1/4-ounce] bag) uncooked instant rice (such as Success)

3 tablespoons orange juice

1 tablespoon rice vinegar

1 teaspoon cornstarch

1 teaspoon dark sesame oil

1/4 teaspoon salt

1/8 teaspoon crushed red pepper

1 pound flank steak

1 teaspoon vegetable oil

1 tablespoon minced peeled fresh ginger

2 teaspoons grated orange rind

2 teaspoons bottled minced garlic

2 tablespoons lemon juice

2 tablespoons sherry

1 tablespoon low-sodium soy sauce

2 cups broccoli florets

1/2 cup diagonally sliced carrot

1 (8-ounce) can sliced water chestnuts, drained

Cook rice according to package directions, and keep warm. Combine orange juice and next 5 ingredients (orange juice through pepper); set aside. Trim fat from steak, and cut into thin slices. Heat oil in a large nonstick skillet until hot. Add ginger, orange rind, and garlic; saute for 3 minutes or until lightly browned. Add beef, lemon juice, sherry, and soy sauce; stir-fry for 2 minutes. Add broccoli, carrot, and water chestnuts; stir-fry 3 minutes or until crisp tender. Stir in orange juice mixture; stir-fry 2 minutes.

Serve over rice.

Yield: 4 servings (serving size: 1 cup stir-fry and 3/4 cup rice).

CALORIES 461 (26% from fat); FAT 13.3g (sat 5g, mono 5.1g, poly 1.6g); PROTEIN 28g; CARB 57g; FIBER 3.0g; CHOL 57mg; IRON 4.50mg; SODIUM 374mg; CALC 61mg

Spicy Crusted Swordfish With Citrus-Walnut Sauce

Source: [Cooking Light](#)

2 tablespoons Italian-seasoned breadcrumbs
1/2 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/2 teaspoon pepper
1/4 teaspoon salt
1/4 teaspoon ground cumin
3 teaspoons extra-virgin olive oil, divided
4 (6-ounce) swordfish steaks (about 1 inch thick)
1 cup water
2/3 cup uncooked couscous
1/2 teaspoon grated lemon rind
1 tablespoon fresh lemon juice
1/4 teaspoon salt
1 tablespoon chopped fresh mint
1/2 cup currants or raisins
1 teaspoon grated orange rind
1/2 cup fresh orange juice
2 tablespoons coarsely chopped toasted walnuts
1 tablespoon honey
Cherry tomatoes (optional)

Combine first 6 ingredients in a bowl. Stir in 1 teaspoon oil. Rub spice mixture over both sides of swordfish. Cover and chill 30 minutes. Bring water to a boil in a medium saucepan; gradually stir in couscous. Remove from heat; cover and let stand 5 minutes. Fluff with a fork. Stir in lemon rind, lemon juice, 1/4 teaspoon salt, and mint. Set aside, and keep warm. Combine 1 teaspoon oil, currants, orange rind, orange juice, walnuts, and honey in a small saucepan. Bring to a simmer. Set aside; keep warm. Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add swordfish, and saute 5 minutes on each side or until fish flakes easily when tested with a fork. Serve with couscous, and drizzle with sauce. Garnish with cherry tomatoes, if desired.

Yield: 4 servings (serving size: 5 ounces swordfish, 1/2 cup couscous, and 1/4 cup sauce).

CALORIES 399 (28% from fat); FAT 12.5g (sat 2.5g, mono 5.5g, poly 3.3g); PROTEIN 36.5g; CARB 36g; FIBER 1.90g; CHOL 64mg; IRON 2.60mg; SODIUM 544mg; CALC 33mg

Citrus Scallops

Source Cooking Light

Preparation time: 20 minutes

1 1/2 pounds sea scallops
2 tablespoons lemon juice
1 tablespoon chopped fresh parsley
1 teaspoon grated orange rind
1/2 teaspoon salt
1/8 teaspoon pepper
2 garlic cloves, minced
1 tablespoon olive oil
1 tablespoon chopped fresh parsley

Combine first 7 ingredients in a large bowl, stirring well to coat. Chill 5 minutes. Heat oil in a large nonstick skillet over medium-high heat. Add scallop mixture; saute 4 minutes or until scallops are done. Top with 1 tablespoon parsley.

Yield: 4 servings (serving size: 5 ounces scallops).

CALORIES 184 (23% from fat); FAT 5.3g (sat 0.6g, mono 2.6g, poly 0.7g); PROTEIN 28.7g; CARB 5.3g; FIBER 0.0g; CHOL 56mg; IRON .60mg; SODIUM 362mg; CALC 45mg

Spinach Salad with Beets and Oranges

Source **Cooking Light**

2 navel oranges
6 cups torn spinach
3 cups shredded peeled beets (about 1 pound)
1 tablespoon olive oil
2 tablespoons minced shallots
1/4 cup raspberry vinegar
1/4 teaspoon freshly ground black pepper
1/4 cup minced fresh chives
1/4 cup coarsely chopped walnuts

Peel oranges, and cut each crosswise into 5 slices. Place spinach on a large platter. Spoon beets onto spinach, and arrange orange slices on beets. Heat oil in a nonstick skillet over medium-high heat. Add shallots, and saute 1 minute or until tender. Stir in vinegar and pepper; drizzle over salad. Sprinkle salad with chives and walnuts.

Yield: 6 servings.

Calories 122 (41% from fat); FAT 5.6g (sat 0.6g, mono 2.4g, poly 2.3g); PROTEIN 4.7g; CARB 16.3g; FIBER 5.30g; CHOL 0mg; IRON 2.40mg; SODIUM 104mg; CALC 93m

Confetti Appleslaw

Source: PBH

2 T Orange or apple juice concentrate, defrosted
1 Red apple, unpeeled, cored, and diced
4 c Cabbage, shredded
2 Small red onions, finely shredded
1 Red or green sweet pepper, thinly sliced
3 T Raisins
1 T Calorie-reduced mayonnaise
1/2 c Plain low-fat yogurt
1/2 t Dry mustard
Paprika to taste
Freshly ground black pepper to taste

In a large bowl, stir together juice concentrate and diced apple. Add cabbage, onion, pepper and raisins. In a small bowl, stir together mayonnaise, yogurt, mustard, paprika and pepper. Add to vegetable mixture. Cover tightly and refrigerate until ready to serve. Makes 7 servings.

Calories:82,Percent of calories from fat: 9%, Cholesterol: 1 mg, Fiber:1 g, Sodium: 17 mg

Tomato-Orange Pasta Toss

Source: **Cooking Light**

8 ounces uncooked penne (tube-shaped pasta)
1 ounce sun-dried tomatoes, packed without oil (about 12)
1/2 cup boiling water
3 tablespoons water
2 teaspoons olive oil
6 garlic cloves, thinly sliced
2 (3 x 1/2-inch) strips orange rind
3/4 cup orange juice
1 (28-ounce) can crushed tomatoes, undrained
3 tablespoons chopped fresh parsley
8 ounces part-skim mozzarella cheese, cut into 1/2-inch cubes

Cook penne according to package directions, omitting salt and fat. Drain well. Place in a large bowl. Combine sun-dried tomatoes and boiling water in a small bowl; let stand 10 minutes. Drain; coarsely chop. Place 3 tablespoons water and oil in a saucepan over medium heat until hot. Add garlic and rind. Cook 5 minutes; stir occasionally. Add juice and crushed tomatoes; bring to a boil. Reduce heat to medium; cook 12 minutes. Discard rind. Add juice mixture to pasta; toss well. Add sun-dried tomatoes, parsley, and cheese; toss well.

Yield: 8 servings (serving size: 1 cup).

CALORIES 225 (26% from fat); FAT 6.4g (sat 3.1g, mono 2.2g, poly 0.4g); PROTEIN 11.9g; CARB 30.1g; FIBER 1.40g; CHOL 16mg; IRON 1.80mg; SODIUM 312mg; CALC 229mg

Fresh-Orange Tart

Source Cooking Light

1 (9-inch) Pastry Crust
6 large navel oranges
1/4 cup sugar
1 1/2 tablespoons cornstarch
1/8 teaspoon salt
1/2 teaspoon vanilla extract
3 tablespoons orange marmalade

Prepare and bake the Pastry Crust in a 9-inch round removable-bottom tart pan. Cool crust completely on a wire rack. Peel and section oranges over a bowl; squeeze membranes to extract juice. Set 2 cups sections aside; reserve 1/2 cup juice. Discard membranes. Combine sugar, cornstarch, and salt in a small saucepan; gradually add reserved juice, stirring with a whisk until blended. Bring to a boil over medium heat, stirring constantly. Reduce heat to low; cook 1 minute. Remove from heat; stir in vanilla. Cool, stirring occasionally. Place marmalade in a small microwave-safe bowl, and microwave at high 30 seconds or until marmalade melts. Spread marmalade in bottom of prepared crust. Arrange 1 cup orange sections on top of marmalade; spoon 1/3 cup orange filling over sections. Top with remaining orange sections and orange filling. Cover and chill at least 4 hours.

Yield: 8 servings (serving size: 1 wedge).

CALORIES 184 (27% from fat); FAT 5.5g (sat 1.4g, mono 1.8g, poly 1.7g); PROTEIN 2.2g; CARB 32.5g; FIBER 2.50g; CHOL 0mg; IRON .80mg; SODIUM 115mg; CALC 25mg