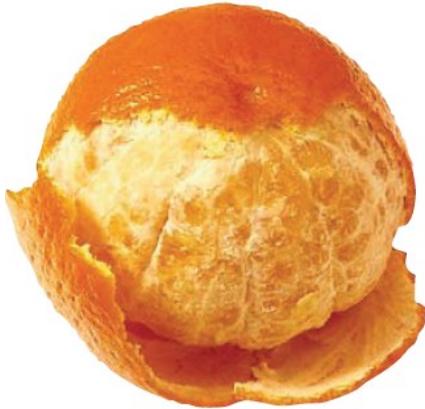


Oranges



Market
Basket
of the month

Serving Ideas:

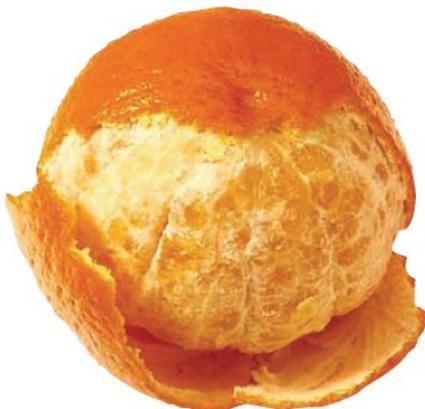
Use fresh oranges or canned mandarin oranges...

- ◆ Stir chopped orange pieces into oatmeal. Add chopped nuts for crunch.
- ◆ Toss peeled orange slices with salad greens. Top with a fruit flavored salad dressing or lemon yogurt.
- ◆ Mix peeled orange slices with raisins and banana slices. Top with a spoonful of low-fat vanilla yogurt.
- ◆ Make a fruit spritzer – mix 100% orange juice and sparkling water.

How to Store:

To keep oranges fresh, store at room temperature or in the refrigerator without plastic bags for up to two weeks.

Oranges



Market
Basket
of the month

Serving Ideas:

Use fresh oranges or canned mandarin oranges...

- ◆ Stir chopped orange pieces into oatmeal. Add chopped nuts for crunch.
- ◆ Toss peeled orange slices with salad greens. Top with a fruit flavored salad dressing or lemon yogurt.
- ◆ Mix peeled orange slices with raisins and banana slices. Top with a spoonful of low-fat vanilla yogurt.
- ◆ Make a fruit spritzer – mix 100% orange juice and sparkling water.

How to Store:

To keep oranges fresh, store at room temperature or in the refrigerator without plastic bags for up to two weeks.

Citrus Salad

Makes 4 servings

Ingredients:

1 orange (peeled and chopped)
1 grapefruit (peeled and chopped)
1 cup carrots (chopped)
1 red onion (sliced)
10 cups lettuce (torn into pieces)
2 tablespoons cider vinegar
1 tablespoon lime juice
1 tablespoon vegetable oil
1 tablespoon water
1/2 teaspoon salt
1/4 teaspoon black pepper
8 tablespoons walnuts (chopped, if you like)

Directions:

1. Combine grapefruit, orange, carrots, onion, and lettuce in a large bowl.
2. Mix remaining ingredients in a small bowl, stirring with a whisk or fork until combined.
3. Lightly pour dressing over vegetables.
4. If using walnuts, sprinkle on top.

Source: [WhatsCooking.fns.usda.gov](https://www.whatscooking.com/fns.usda.gov)

Roasted Chicken with Oranges

Makes 4 servings

Ingredients:

4 chicken thighs, trimmed of excess fat
1 red onion, peeled and sliced
2 small oranges, peeled, seeded and separated into sections
1/4 teaspoon salt
1/4 teaspoon black pepper
1 lemon, peeled, seeded and cut into 4 pieces

Directions:

1. Preheat the oven to 375 degrees.
2. Put the chicken, onion and oranges on a baking pan, making sure nothing overlaps. Sprinkle with salt and pepper.
3. Bake until the chicken is browned on top and cooked inside, and the onions and oranges have softened and darkened, about 45-60 minutes.
4. Move the chicken to a large plate. Remove skin from chicken.
5. Squeeze the lemon juice over the oranges and onions, and spoon mixture on top of chicken.