

ORANGES



HOW TO USE

Cut them into bite-sized pieces and add them to your cereal, fruit salad, or a smoothie; Slice them and use them to top a baked chicken or pork dish; Squeeze orange juice into small paper cups, add a plastic spoon and then put them in the freezer to make popsicles.

HELPS SUPPORT

Immune system.

HOW TO STORE

Keep oranges in the refrigerator for up to 2 weeks.

GREEN SALAD WITH ORANGES

Serves: 4

Preparation time: 10 minutes

INGREDIENTS

- 5 cups salad greens
- 2 ½ oranges
- ½ cup onion
- 2 tablespoons oil or low fat sesame dressing

Optional

½ cup chopped nuts



Photo: CDPH, NEOPB

INSTRUCTIONS

1. Wash and chop the salad greens.
2. Peel and chop the onions.
3. Peel the oranges and cut 2 of them into sections.
4. Put the salad greens, onions, and oranges in a large bowl, then squeeze in the juice from the remaining ½ orange and the oil or the dressing. Mix all the ingredients together.

Adapted from the California Department of Public Health, Nutrition Education and Obesity Prevention Branch