



Helping Mississippians live happier, healthier lives!

ORANGES

The United States is third in the world for growing citrus fruit. Many orange varieties are grown in Mississippi; they can be sweet or sour and full of seeds or have no seeds. Mandarin and



navel oranges are the most popular varieties. Oranges can be a simple snack or used in various dishes. The peel of an orange can be used in baked products, such as muffins and breads, or diced up and added to a stir fry for extra flavor.

BENEFIT

- ▶ A good source of vitamin C, helping our bodies fight illness and absorb iron.
- ▶ A good source of fiber, which helps digestion.
- ▶ A good source of folate that helps us grow.
- ▶ A good source of potassium and vitamin A.

SELECT

- ▶ Citrus fruit loves Mississippi weather! During the warm weather, oranges will sometimes turn green if too ripe. If picking from a tree, make sure they are not green, but have a yellow-orange color.
- ▶ The orange should feel heavy for its size and the peel should be firm. If shopping for snack cups or canned oranges, look for items packaged in 100 percent juice.



**WHEN CHOOSING
PACKAGED, LOOK
FOR 100% JUICE.**

- ▶ To learn more about oranges, visit HappyHealthy.MS and click on Tips and Videos.
 - Add more Fruits and Vegetables to Your Day
 - How to Store Fruits and Vegetables

PREPARE

- ▶ Before eating an orange, always wash it under cool running water. Never use soap to clean fruit.
- ▶ Peel, slice, or quarter oranges to enjoy as a snack!
- ▶ They are great additions to salads and can be made into salsas and baked in recipes. They are especially yummy in water!



STORE

Uncut oranges can be left on the counter for 7 days or until ripe. After cutting, cover any extra pieces and place in the refrigerator. They can be stored whole in the refrigerator for at least 3 weeks.



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ENJOY



ORANGE BEEF STIR FRY

- 1 large orange
 - 1 pound beef (top round or top sirloin, cut $\frac{3}{4}$ inch thick, or flank steak)
 - $\frac{3}{4}$ cup prepared stir-fry sauce
 - 3 teaspoons oil
 - 16 ounces frozen vegetables (Asian blend such as broccoli, carrots, and sugar snap peas)
 - 3 garlic cloves, minced
1. Wash your hands well with soap and warm water for at least 20 seconds.
 2. Remove peel from orange, pull apart orange sections, remove any seeds, and chop sections into 1-inch chunks. Set chunks aside.
 3. Cut beef steak crosswise into thin strips.
 4. Place beef strips and $\frac{1}{4}$ cup stir-fry sauce in plastic storage bag, and turn beef to coat.
 5. Place in refrigerator for at least 30 minutes to marinate.
 6. Heat 1 teaspoon oil in a large skillet over medium-high heat.
 7. Add vegetables to skillet and cook, stirring occasionally for about 5 minutes or until vegetables are crisp-tender. Remove vegetables from skillet.
 8. Heat 2 teaspoons oil in the same skillet until hot, and add the marinated beef strips and minced garlic. Cook beef, stirring occasionally, for 3 to 5 minutes until strips are browned.
 9. Add vegetables, orange chunks, and remaining $\frac{1}{2}$ cup prepared stir-fry sauce and cook an additional 1 to 2 minutes until heated.
 10. Refrigerate leftovers within 2 hours.



CREAMY FRUIT SALAD

- 1 15-ounce can sliced peaches or mandarin oranges, no added sugar
 - 1 20-ounce can pineapple chunks, no added sugar
 - 1 cup strawberries
 - 1 cup grapes, seedless
 - $\frac{1}{2}$ cup low-fat vanilla yogurt
1. Wash your hands well with soap and warm water for at least 20 seconds.
 2. Drain oranges and pineapple in a colander.
 3. Add oranges and pineapple chunks to a medium mixing bowl.
 4. Rinse strawberries and grapes with cool water.
 5. Drain in a colander.
 6. Cut the stems off the strawberries and then cut in half.
 7. Cut the grapes in half, and then transfer strawberries and grapes to the mixing bowl.
 8. Add yogurt to the bowl and mix gently with a spoon until the fruit is well coated.
 9. Refrigerate leftovers within 2 hours.



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