

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

The produce of the week is... Orange

You can find POW! info sheets on the EHHD website!
www.ehhd.org

Look for
Produce of the Week



What type of fruit makes the most popular juice to drink?
ORANGES!

- ◇ Choose oranges with firm, smooth skins
- ◇ Select oranges that are heavy for their size
- ◇ Store oranges at room temperature for 1 – 2 days or in the refrigerator for 1 – 2 weeks
- ◇ Navel oranges have no seeds; and all navel oranges trace their roots back to cuttings from a single tree in Brazil from more than a century ago.

Nutrition Facts:

- **One orange is one serving and contains about 80 calories**
- **Oranges are a good source of fiber**
- **They are high in Vitamin C, contain no fat or sodium**

Did you know?

- ⇒ Oranges grow on trees in groves
- ⇒ They are grown in Florida, California, Arizona and Texas
- ⇒ The USA grows the second most oranges in the world...
8.4 MILLION TONS a year!

(Brazil grows more than twice that many)

Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 3



Day 5



Day 6



Day 4



Day 2



Day 7

Try these delicious, nutritious and healthy recipes!

Chicken and Orange Wrap

6 Servings

INGREDIENTS

2—3 chicken breasts, boneless/skinless	1 bell pepper, sliced thin
1/2 onion, sliced thin	1 clove of garlic, chopped
1 T fresh ginger, chopped	1 T brown sugar
1 T sesame oil	1 T low sodium soy sauce
1 orange, peeled, sectioned & chopped	6—12 lettuce leaves

DIRECTIONS

1. Sauté chicken, bell pepper, onion, garlic, and ginger in a little lemon juice
2. Add brown sugar, sesame oil, and soy sauce; heat through and mix well; Stir in chopped orange pieces and serve wrapped in iceberg lettuce leaves



Simple ways to enjoy Oranges: Peel and eat! ~ or ~ quarter and eat out of the skin!
Make peeling easier by scoring the skin in quarters; peel the skin away at the scoring

Broccoli-Orange Salad

6 Servings

INGREDIENTS

2 large bunches of fresh broccoli	2 T slivered almonds
1 orange, peeled and sectioned	1 orange (grated peel and juiced)
5 green onions, chopped	2 T white vinegar
1 T Sugar	2 T olive oil

DIRECTIONS

1. Cut broccoli flowerets from bunches; steam in covered saucepan for 3 minutes. Remove and rinse with cold running water until broccoli is no longer warm. Place in serving bowl and chill.
2. Cut orange sections in small pieces and place in a medium-sized bowl; add almonds, grated peel and juice from orange, green onions, vinegar, sugar, and oil. Mix and set aside (at room temperature) for about 15 to 30 minutes.
3. When ready to serve, pour marinated orange mixture on chilled broccoli and toss very gently. Season to taste with salt and pepper, if desired, and serve.

Recipes modified from morematters.org & allrecipes.com

Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!