

CITRUS FRUIT



TRY THIS

- Mix equal amounts of fresh squeezed or 100% orange or grapefruit juice and sparkling water for a refreshing spritzer.
- Sprinkle grapefruit halves with a little brown sugar and ground cinnamon. Place on a baking sheet and broil for about 5 minutes or until the sugar begins to bubble. Serve immediately.
- Make lemon salsa fresca. Mix diced lemon segments, shallots, garlic, cilantro, parsley, dill, and a little olive oil. Use to top eggs, grain bowls, and grilled chicken or fish.

BUYING AND STORING

- Select citrus fruits that feel heavy for their size with firm, smooth skin, rich color, and no blemishes.
- Store citrus fruits at room temperature up to a week or in the refrigerator up to a month.
- Freeze citrus wedges, slices, peels, zest, or whole fruits in freezer bags. Remove all air before sealing. Defrost to use in juices or sauces.
- Wash all fruits and vegetables before using.

CHILLED CITRUS GRAIN BOWL

Time: 75 minutes | Makes: 7 servings | Serving Size: $\frac{2}{3}$ cup

Nutrition Information Per Serving: Calories 172, Carbohydrate 32g, Dietary Fiber 3g, Protein 2g, Total Fat 5g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 19mg

INGREDIENTS

2 cups cooked brown rice, cold
2 cups fresh baby spinach
 $\frac{1}{2}$ cup celery, diced
 $\frac{1}{2}$ medium red or sweet onion, sliced thin
 $\frac{3}{4}$ cup dried cranberries or raisins
2 tablespoons vegetable oil
2 tablespoons fresh squeezed or 100% orange juice

One 15-ounce can mandarin oranges in 100% juice
 $\frac{1}{4}$ cup fresh thyme, chopped (optional)
 $\frac{1}{4}$ cup sliced almonds, chopped (optional)
Kosher salt and pepper to taste

INSTRUCTIONS

1. Place first eight ingredients in a large bowl and mix gently to combine.
2. Chill for 1 hour or overnight to meld flavors.
3. Garnish with thyme and almonds, if using.
4. Add salt and pepper to taste and serve.

CHANGE IT UP

- Add a protein like grilled tofu or chicken, or canned chickpeas, salmon, shrimp, or tuna.
- Extend the recipe by adding blanched asparagus, cooked wild rice, feta cheese, and/or blueberries.
- Swap orange juice and thyme for rice vinegar and chives.



Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.