

Senior Bytes

HEALTH & NUTRITION PROGRAM, SNAP EDUCATION



UNIVERSITY OF MINNESOTA | EXTENSION



December 2016

Winter Sunshine

The bright orange and yellow of fresh oranges, grapefruit and tangerines reminds us that sunshine can exist during the long winter months. They are full of vitamin C, fiber, folic acid and potassium. Enjoy these sweet winter fruits!

Oranges and grapefruit are in the grocery stores all year long. However, they taste the best and are the best price during the winter months of December through March.

Choose fruits that have no bruises and are heavy. Heavy fruits are juicy and sweet.

Citrus fruits are best when stored in the refrigerator. Be careful that they do not freeze - they will become bitter and spoil.

Tangerines are a special treat. They taste wonderful during the winter months. One type of tangerine that is popular is the clementine.

Clementines are easy to peel and separate into slices. They are often sold in a crate of 24 small fruit. If a crate costs \$5.00, each fruit costs 21¢. A great buy for a snack!



Enjoy Tangerines



- Pack a couple tangerines into your purse or school bag for an afternoon snack. They are quick and easy to peel!
- Peel and dip tangerines into flavored yogurt.
- Add tangerine slices to coleslaw, lettuce salads or chicken salad.
- Top low fat cottage cheese with tangerine slices.

Enjoy Oranges

- Toss some orange slices on your favorite cereal, pancakes or waffles.
- Make a fruit smoothie! Blend together orange slices with a cup of milk and a banana.
- Peel and break a couple oranges into pieces. Keep orange slices in refrigerator - easy to grab and eat!
- Carry an orange in your purse or bag for a later snack.



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ORANGE PORK CHOPS

2 pork chops	Cinnamon (dash, optional)
1 sweet potato (peeled, medium)	Salt (dash, optional)
1/2 orange (sliced)	Black pepper (dash, optional)

Preheat oven to 350 degrees. In a medium skillet, brown pork chops in a small amount of oil. Cut sweet potato into 1/2 inch slices. Place meat and sweet potato slices in a baking dish and top with orange slices; sprinkle with seasonings if desired.

Cover and bake for 1 hour until meat is tender. Fight BAC!...Cook pork to 145 degrees.

Ser 2: cal 400; fat 17g; sod 120mg; carb 17g

Source: USDA What's Cooking? USDA Mixing Bowl

ORANGE BANANA FROSTY

1 banana (frozen)
1/2 cup low-fat yogurt (plain)
1/2 cup orange juice (prepared)

Put all ingredients in a blender and mix well.

Add more liquid if you want the drink thinner.

Ser 2: cal 120; fat 1g; sod 45mg; carb 25g

Source: USDA What's Cooking? USDA Mixing Bowl

SPICY FRUIT SALAD

2 fresh fruits, diced (bananas, apples, pears, grapes, berries) to make 2 cups
1/4 cup orange juice

Put fruit in bowl. Add juice. Refrigerate until serving time. Serve and refrigerate leftovers.

Ser 4: cal 66; fat .3g; sod 1mg; carb 15.1g



Enjoy Grapefruit

- Sprinkle a grapefruit half with brown sugar and cinnamon. Broil until sugar is bubbly for a great breakfast fruit.
- Peel and break a grapefruit into slices. Toss some into your favorite breakfast cereal for more vitamin C.



USDA Information Statements

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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the MN Food HelpLine at 1-888-711-1151.

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For more health and nutrition information visit our website:
<http://www.extension.umn.edu/family/health-and-nutrition/>