



Healthy Ways to Eat Mandarin Oranges



Look for mandarin oranges canned in lite syrup or 100% juice

1. Add to salads for a refreshing twist! Make a salad dressing using the oranges & their juices:

{2 tablespoons oil + 3 tablespoons mandarin orange juice + 1 ½ tablespoons vinegar + salt/pepper to taste}

2. Add mandarin oranges to your favorite yogurt or cottage cheese!

3. Top off your oatmeal, pancakes or waffles with some mandarin oranges!

4. Make Mandarin Orange Pancakes

Ingredients:

½ cup all-purpose flour	1 egg
½ cup whole wheat flour	2 tablespoons mandarin orange juice
½ cup oats	½ cup non-fat milk
1 teaspoon baking soda	2 tablespoons oil
¼ teaspoon salt	1 (8-oz.) can mandarin oranges, chopped

Directions:

1. Preheat a lightly oiled griddle over medium heat.
2. In a large bowl, mix together flour, oats, baking powder, baking soda, and salt.
3. In a small bowl, beat together egg, orange juice, milk, and canola oil. Whisk into the flour mixture.
4. Pour batter about 1/4 cup at a time onto the prepared griddle. Cook 1 to 2 minutes, until bubbly. Flip, and continue cooking until lightly browned. Top with reserved mandarin oranges!

5. Make Brown Rice & Orange Salad for a sweet & tangy dish.

Ingredients:

2 cups cooked brown rice	2 Tablespoons mandarin orange juice
1 cup mandarin oranges, drained (save juice)	2 Tablespoons oil
¼ cup onion, finely chopped	1 Tablespoon vinegar
1 (15-oz.) can beans (any kind), drained & rinsed	¼ teaspoon ground black pepper
1 cup dried cranberries	½ teaspoon salt

Directions:

1. In a large bowl, mix together rice, mandarin oranges, drained beans, onion and cranberries.
2. In a small bowl, whisk together mandarin orange juice, oil, vinegar, salt and pepper.
3. Pour dressing over the salad, Mix well. Let rest at room temperature for flavors to combine.

6. Make Mandarin Orange Chicken. Try serving over brown rice with steamed broccoli.

Ingredients:

4 chicken breasts	½ teaspoon garlic powder
2 (10-oz.) cans mandarin oranges	Cornstarch, to thicken sauce (optional)
2 tablespoons honey	1 cup cooked brown rice

Directions:

1. Preheat oven to 350° F. Place chicken breasts in casserole dish.
2. Mix juice from Mandarin oranges, garlic powder and honey. Pour mixture over chicken.
3. Top with the mandarin oranges and bake uncovered for 40 minutes (turning after the first 20 minutes).
4. If desired: the chicken may be removed (kept warm) and the juices thickened with cornstarch.

7. Make Black Bean & Mandarin Salad

Ingredients:

1 (15-oz.) can black beans, drained & rinsed	1 ½ teaspoon oil
1 small can mandarin oranges, drained	1 teaspoon vinegar or lime juice
1 small onion, diced	¼ teaspoon salt
1 bell pepper, diced	¼ cup cilantro, finely chopped (optional)

Directions:

1. Simply mix all ingredients together and serve immediately or chill for later!

9. Make Mandarin Orange Pork Chops

Ingredients:

4 pork chops	¾ cup orange juice
½ teaspoon salt	¼ cup brown sugar
½ teaspoon pepper	½ teaspoon cinnamon
1 teaspoon vegetable oil	1 (8-oz.) can mandarin oranges, drained
2 tablespoons white vinegar	

Directions:

1. Season pork chops with salt and pepper.
2. Heat oil in nonstick skillet over medium high heat.
3. Add pork chops and sauté until golden brown on both sides.
4. Stir together vinegar, orange juice, brown sugar and cinnamon, pour over pork chops in skillet.
5. Turn up heat and boil liquid for about 2 minutes or until about half the liquid is left in the pan.
6. Remove from heat and remove chops from skillet. Add mandarin oranges to the sauce.
7. Spoon sauce over pork chops before serving

10. Make your own Chicken Lettuce Wraps with Peanut Sauce. Serve with brown rice!

Ingredients:

2 (5-oz.) cans of chicken, drained	1 (15 oz.) can of mandarin oranges, in water or juice
3 Tablespoons peanut butter	1 Tablespoon low sodium soy sauce
2 Tablespoons vinegar	2 Tablespoons warm water
Iceberg lettuce	

Directions:

1. In a bowl, whisk together peanut butter, soy sauce, vinegar and water.
2. Drain canned chicken and mix into the peanut sauce
3. Tear off a leaf of lettuce and fill with peanut butter chicken. Top with mandarin oranges.

11. Make Fish Tacos with Mandarin Orange Salsa for a bright & flavorful dish!

Mandarin Orange Salsa Ingredients:

1 (11-oz.) can mandarin oranges, drained & chopped
2 Tablespoons red bell peppers, chopped
2 Tablespoon red onion, chopped
2 Tablespoons lime juice
1/2 Tablespoon finely diced, seeded jalapeño
2 Tablespoons fresh cilantro, chopped (optional)
Salt and pepper to taste

Taco Ingredients:

4 (6-oz.) fish filets (fresh or frozen)
1 teaspoon garlic powder
1 teaspoon chili powder
4 small whole wheat flour tortillas
1 handful mixed salad greens

Directions:

1. To prepare the salsa, gently toss the first column of ingredients together in a large bowl. Set aside.
2. Place fish on a broiler pan coated with cooking spray; sprinkle fish evenly on both sides with seasoning.
3. Broil 6 minutes or until desired degree of doneness. (You could also grill the fish, or cook it in a skillet.)
4. Heat a medium nonstick skillet over medium-high heat. Lightly coat tortillas with cooking spray. Add the tortillas to pan, 1 at a time; cook 1 minute on each side or until lightly toasted.
5. Top each taco with 1/4 cup greens, 1/4 cup salsa, and 1 piece of tilapia.

12. Make Orange Creamsicle Smoothie

Ingredients:

1/2 cup fat free yogurt, plain	1/2 cup canned mandarin oranges in light syrup
1/2 teaspoon vanilla extract	About 5-10 ice cubes

Directions:

1. Blend all ingredients together until smooth!

