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
   ½ cup whole wheat flour
   ½ cup oats
   1 teaspoon baking soda
   ¼ teaspoon salt
   1 egg
   2 tablespoons mandarin orange juice
   ½ cup non-fat milk
   2 tablespoons oil
   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
   1 cup mandarin oranges, drained (save juice)
   ¼ cup onion, finely chopped
   1 (15-oz.) can beans (any kind), drained & rinsed
   1 cup dried cranberries
   2 Tablespoons mandarin orange juice
   2 Tablespoons oil
   1 Tablespoon vinegar
   ¼ teaspoon ground black pepper
   ¼ teaspoon salt

   **Directions:**
   
   1. In a large bowl, mix together rice, mandarin oranges, drained beans, onion and cranberries.
   2. In a small bowl, beat together mandarin orange juice, oil, vinegar, salt and pepper. 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
   2 (10-oz.) cans mandarin oranges
   2 tablespoons honey
   ½ teaspoon garlic powder
   Cornstarch, to thicken sauce (optional)
   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 small can mandarin oranges, drained
   1 small onion, diced
   1 bell pepper, diced
   1 ½ teaspoon oil
   1 teaspoon vinegar or lime juice
   ¼ teaspoon salt
   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
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon vegetable oil
- 2 tablespoons white vinegar
- ¾ cup orange juice
- ¼ cup brown sugar
- ½ teaspoon cinnamon
- 1 (8-oz.) can mandarin oranges, drained

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
- 3 Tablespoons peanut butter
- 2 Tablespoons vinegar
- 2 Tablespoons low sodium soy sauce
- 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)

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

Salt and pepper to taste

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:
- ½ cup fat free yogurt, plain
- 1/2 teaspoon vanilla extract
- 1/2 cup canned mandarin oranges in light syrup
- About 5-10 ice cubes

Directions:
1. Blend all ingredients together until smooth!