

# Oranges

## Benefits of oranges:

- 🍊 Lower cholesterol
- 🍊 High in Vitamin C
- 🍊 Controls blood sugar level

## When are they in season?

- 🍊 The harvest in Florida is from October through June.

## Food Safety for oranges:

**Check** for existing mold.

**Separate** oranges from meat. Use different cutting boards for meats and fruits.

Did you know... the first set of oranges was grown in the north eastern part of India, southeast Asia, and the south of China.



### Resource:

10 Health Benefits of Eating Oranges - Times of India. (2019, January 22). Retrieved January 07, 2021, from <https://timesofindia.indiatimes.com/life-style/health-fitness/diet/why-you-should-eat-oranges/articleshow/4662391.cms>  
Everything you Need to Know About Florida Citrus. (n.d.). Retrieved January 07, 2021, from <https://www.visitflorida.com/en-us/things-to-do/outdoors-nature/faq-everything-you-need-to-know-about-florida-citrus.html>  
Scheuer, A., Author, Scheuer, C., Says, J., Jennie, Says, C., . . . Jones, M. (2020, December 08). Arugula Orange Salad with Lemon Ginger Dressing. Retrieved January 07, 2021, from <https://thecafesucrefarine.com/arugula-orange-salad-with-lemon-ginger-dressing/>  
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## Arugula Orange Salad

Serves 4

### Ingredients for salad

- 8 ounces baby arugula
- 3 medium oranges
- Lemon ginger poppy seed dressing

### Ingredients for Honey Glazed almonds

- 1 teaspoon honey
- 1/2 cup sliced almonds
- Kosher salt

### Ingredients for Pickled Red Onions

- 3/4 cup white wine vinegar
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1/2 medium red onion (thinly sliced)
- Water

### Directions for onions:

Combine vinegar, sugar, and salt in a pint size jar. Stir well to dissolve sugar and salt. Add sliced onions and add enough water to cover the onions. Cover. Shake. Set aside.

### Directions for almonds:

Lay foil on work surface. Spray it with cooking spray.

Melt butter in non-stick skillet. Add honey. Stir. Add almonds. Cook for 3-5 mins. Stir frequently until golden brown. Sprinkle with salt. Stir. Spread almond onto prepared foil. Let cool.

### Directions for salad:

Place arugula in large bowl. Top it with orange slices, pickled red onions. Drizzle dressing and sprinkle almonds on top.

Serve.

