



EAT HEALTHY, BE NUTRITION WEALTHY

tangerine

Tangerines can be added to almost any meal! Tangerines can be eaten as a snack, added to salads, stir-fries and used in a vinaigrette or marinade when cooking seafood.

Despite their small size, tangerines are packed with nutrition. One tangerine has only 37 calories and is high in vitamin C. Eating more fruit like tangerines can reduce your risk of high blood pressure, heart disease and stroke.

Did you know?

- One tangerine has nearly 1/3 of the vitamin C you need for the whole day!
- Florida is the top producer of tangerines in the United States.
- Tangerines are smaller than oranges and have skin that is easier to peel.
- Tangerines are available from September to April, with the peak production time from the end of October to mid-November.

In Florida, tangerines are grown predominately in Charlotte, Collier, Desoto, Hardee, Hendry, Highlands, Hillsborough, Indian River, Lake, Manatee, Orange, Polk and St. Lucie County.

Shopping, Preparing and Storing

- Store up to two weeks in the vegetable drawer of the refrigerator.
- Plastic bags or film-wrapped trays should not be used when storing citrus. Citrus needs to breathe so there is no need to store in an airtight container.

Cooking Tips

- Tangerines flavor well with honey, yogurt, lettuce, seafood, avocado, ginger, grilled meats and basil.
- The skin of a tangerine is usually very easy to peel. Once peeled, the sections should separate very easily as well. You can peel the membrane off the outside of the sections and remove the pits to use in salads, stir-fries and cooked dishes.

GLAZED TANGERINE WITH ALMONDS

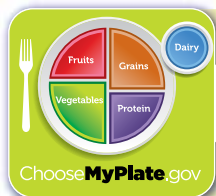
- 4 large tangerines
- 2 tablespoons almonds, chopped
- 1 tablespoon packed light brown sugar
- 1 teaspoon fresh ginger, grated



1. Preheat the broiler. Coat a broiler pan with cooking spray.
2. Grate the zest from two of the tangerines, and place it in a small bowl. Add the almonds, brown sugar and ginger. Stir to mix.
3. Peel the tangerines, and discard the peel. Separate the fruit into sections. Arrange close together on the broiler pan, and sprinkle evenly with the almond mixture.
4. Broil 6 inches from the heat until the topping bubbles and is lightly browned, about 1 to 2 minutes. Serve warm.



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FRUITS

Make most of your choices whole or cut fruit instead of juice.

VEGETABLES

Eat a variety every day. Fresh, canned or frozen.

GRAINS

Make at least half of your grains whole grains.

DAIRY

For adults and children 2 years and older, drink 1 percent low-fat or fat-free milk.

PROTEIN

Choose lean meat, poultry without the skin, seafood, beans and peas, eggs, processed soy or nuts.