



Clementines, Fresh

MyPlate Food Group: **Fruit**

USDA
Foods

Nutrition Information

- 1 clementine count as ½ cup of fruit in the ChooseMyPlate.gov Fruit group.
- Clementines are naturally low in fat, sodium, and calories. Clementines do not have cholesterol.
- Clementines are high in vitamin C. Vitamin C helps to boost the immune system.

Uses and Tips

- Clementines make a great snack any time of the day. They are also quick and easy to eat while on-the-go.
- Fresh clementines do not need to be cooked or heated. Before eating, rinse clementines, remove the peel, and enjoy.
- Clementines can be used to add sweetness to other foods. For example, add clementine pieces to plain yogurt, oatmeal, or salads.
- When clementines are in season they are at their peak flavor and may be less expensive.

Storing Foods at Home

- Do not wash clementines until ready to eat.
- Ripe clementines should be stored in the refrigerator in a loosely sealed plastic bag.

MyPlate Facts

- Fiber from fruit helps to keep your heart healthy and reduce cholesterol.
- Fiber is important for bowel function and helps prevent constipation.
- Eating a diet full of fruits and vegetables may reduce the risk for heart disease and may help prevent some cancers.
- All forms of fruit count as part of the Fruit Group. Fruits can be fresh, canned, frozen, or dried!



USDA Foods

Clementine Cranberry Salsa

Makes 6 servings

Ingredients:

4 clementines, peeled and sectioned
½ cup fresh cranberries, coarsely chopped
½ cup red onion, finely chopped
1 tablespoon sugar
1 tablespoon fresh lime juice
1 tablespoon olive oil
¼ teaspoon salt
1 jalapeno pepper, seeded and finely chopped (optional)

Directions: Wash hands with soap and water.

1. Cut clementine sections in half.
2. Combine all ingredients, cover, and let stand 1 hour.

Substitutions: Use thawed, frozen cranberries in place of fresh cranberries. Use 2 navel oranges in place of clementines.

Serving suggestions: Serve with turkey fajitas, grilled chicken, or pork.

Recipe adapted from Utah State University Extension

Zesty Citrus Pork Chops

Makes 4 servings

Ingredients:

2 tablespoons olive oil
4 (4-ounce) boneless, thin-sliced pork chops, fat trimmed
1 sweet potato, diced
non-stick cooking spray
4 clementines, 2 sliced into rings, 2 juiced
1 teaspoon cinnamon

Directions: Wash hands with soap and water.

1. Preheat oven to 400 degrees F.
2. In a medium skillet, heat 1 tablespoon of oil on medium-high. Add pork chops and brown both sides. Set aside.
3. In a medium bowl, toss potatoes in remaining 1 tablespoon of oil.
4. Lightly coat a glass baking dish with cooking spray. Spread pork and potatoes evenly. Top with juice, sliced clementines, and cinnamon.
5. Cover with foil and bake 20-25 minutes or until pork is fully cooked and potatoes are tender.

Recipe adapted from the Oklahoma Nutrition Information and Education Project