



# Oranges, Fresh

MyPlate Food Group: **Fruit**



### Nutrition Information

- 1 cup of fresh oranges or 1 large orange counts as 1 cup of fruit in the ChooseMyPlate.gov Fruit group.
- Oranges are naturally low in fat, sodium, and calories. Oranges do not have cholesterol.
- Oranges are high in Vitamin C. Vitamin C helps to boost the immune system.

### Uses and Tips

- Cut-up oranges make a great snack any time of the day.
- Fresh oranges do not need to be cooked or heated. Before eating, rinse orange, peel it, and enjoy.
- Fresh oranges can be used to add sweetness to other foods. For example, it can be added to plain yogurt or oatmeal.
- Try adding thin slices of oranges to replace jam on a peanut butter sandwich or to replace syrup on pancakes and waffles.
- When oranges are in season they are at their peak flavor and may be less expensive.

### Storing Foods at Home

- Do not wash oranges until ready to eat.
- Ripe oranges 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

### Orange Chicken Stir-Fry

*Makes 4 servings*

#### Ingredients:

non-stick cooking spray  
1 pound boneless, skinless chicken breasts, cut into bite-size chunks  
¼ cup pineapple juice  
3 tablespoons low-sodium soy sauce  
¼ teaspoon ground ginger  
1 red bell pepper, cut into bite-size strips  
2 oranges, peeled and separated into segments, segments cut in half  
¼ cup toasted almonds, chopped or slivered  
pepper, to taste  
2 cups cooked brown rice

#### Directions:

1. Spray a large wok or skillet with non-stick cooking spray.
2. Cook chicken over medium-high heat until cooked through, about 10 minutes.
3. In a small bowl, stir together pineapple juice, soy sauce, and ginger. Add sauce and bell pepper to the skillet.
4. Cook and stir for about 5 minutes until peppers are tender.
5. Add the oranges and almonds to the wok or skillet and cook until hot. Season with ground black pepper to taste.
6. Serve each cup of stir-fry over ½ cup of brown rice.

*Recipe adapted from CalFresh*

### Rise and Shine Cobbler

*Makes 4 servings*

#### Ingredients:

1 cup peaches, canned, drained, and sliced  
1 cup pear halves, canned, drained, and sliced  
6 prunes pitted, each cut in half  
¼ teaspoon vanilla extract  
1 orange  
1 cup granola, low-fat

#### Directions:

1. In a large microwave-safe bowl, mix peaches, pears, prunes, and vanilla extract.
2. Rub an orange against a grater to remove 1 teaspoon of the orange peel. Then, cut the orange in half and squeeze ¼ cup orange juice. Add orange peel and juice to fruit mixture. Stir.
3. Top with granola.
4. Microwave on high for 5 minutes. Let stand for 2 minutes.
5. Spoon into 4 bowls and serve warm.

*Recipe adapted from USDA MyPlate Kitchen*