

Cook Smart...Oranges & Grapefruit



I was born and raised in South Florida and often tell people that I have orange juice running through my veins. My Papa had one tree he grafted that produced lemons, limes, and oranges. I can remember as a kid playing in the orange groves in Arcadia, Florida and pulling oranges off the trees and eating them. So much so that my stomach would start to hurt.

Oranges and grapefruit are a winter crop. Citrus farmers need the evenings to be cold enough to form frost, but not freeze the fruit. It's the cool nights and the sunny warm days that make the inside of the fruit sweet and delicious.

Oranges are originally from south Asia and can be sweet, such as my favorite the Honey Bell, or bitter, such as a blood orange. The most common are the sweet oranges that are used in everything from marmalades and juices, to salads. In my opinion, the bitter oranges are not given enough credit. They are perfect for marinades, and are great when cooked down into chutneys and sauces to enhance the flavor of many dishes.

Grapefruits are derived from a type of orange first grown in Jamaica. Originally they were grown as an ornamental tree and the fruit was never eaten. It wasn't until the 19th century that grapefruit made it to the United States and was grown to be eaten. My favorite grapefruit is the Indian River pink grapefruit which are grown on the east coast of Florida in Indian River County.

Easy to store, they come in their own wrapper, and make the perfect snack. Oranges and grapefruit are at their prime right now and should be in your cart every time you're at the store. As for variety, they are endless and they each offer a different flavor and texture.

Oranges and grapefruit are perfect when eaten by themselves, but when used in cooking they can add the perfect amount of sweet or bitter to make the flavor combination explode.

Cook Smart...

Chef Dave Fouts



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Orange You Glad You Asked?



Juicy, fresh citrus is a taste most of us love. Good thing too!

- Oranges and grapefruit are both excellent sources of Vitamin C, with one serving providing more than 100% of the Daily Value.
- Pink grapefruit is an excellent source of Vitamin A.
- Oranges and grapefruit are both good sources of fiber.
- Both oranges and grapefruit are loaded with phytonutrients that help prevent cancer and heart disease.



- Eating citrus fruits or drinking their juice may help prevent kidney stones.
- Taking a Vitamin C supplement isn't nearly as beneficial as eating the fruit. There aren't any phytonutrients in the supplement.
- Grapefruit contains pectin, a soluble fiber that helps to lower cholesterol.
- Both are low in calories, with 1 medium orange or ½ medium grapefruit containing about 60 calories.
- Both are fat free, cholesterol free, and sodium free.
- It takes 2 to 3 medium oranges or grapefruit to make one 8 fluid ounce glass of juice. For the same amount of calories in 8 fluid ounces of orange juice you could eat two medium oranges. For the same amount of calories in 8 fluid ounces of grapefruit juice you could eat one medium grapefruit. The whole fruit will be a lot more filling than the juice.
- If you are cutting the fruit, be sure to wash it before you cut it. There can be dirt on the rind that will transfer to the edible flesh as you drag the knife through it.
- If you have had weight loss surgery, you may have had difficulty with oranges getting stuck. That's because the white membrane that separates the segments is fibrous. Cut your orange in half and section it like you would a grapefruit. Then you can eat the flesh and leave the membrane behind.
- Eating grapefruit or drinking grapefruit juice can interfere with certain medications. The chemicals in grapefruit affect the way your body metabolizes the medication and causes the blood levels of these medications to increase. This can lead to toxic side effects. Check with your doctor or pharmacist if you are taking medications* for:

- | | |
|----------------------|------------|
| High-cholesterol | Depression |
| High-blood pressure= | HIV |
| Heart arrhythmia | |

***Not all medications for these health conditions are affected and there are some other medications that are affected and are not listed here. Check with your doctor or pharmacist.**

Make one of your daily fruit servings a citrus fruit. They're portable, don't require refrigeration, and easy to eat from the hand.

Eat Smart...

Vicki Bovee, MS, RD, LD



Grapefruit and Orange Fennel Mint Salad

Servings: 6

Serving size: 1/2 cup (125mL)

- 1 large orange, peeled and ends trimmed
- 1 grapefruit, peeled and ends trimmed
- 1 large or 2 small fennel bulbs, thinly sliced
- 2 tbsp (30 mL) extra-virgin olive oil
- ¼ cup (50 mL) packed fresh mint leaves
- ½ tsp (2 mL) salt
- ½ tsp (2 mL) black pepper
- ¼ cup (50 mL) chopped walnuts, toasted



Directions:

1. Using a paring knife, cut along the membrane of an orange on both sides of each segment. Free the segments and let them fall into a medium bowl.
2. Repeat with the grapefruit.
3. Squeeze the membranes over the bowl to extract as much juice as possible, reserving the juices in the bottom of the bowl.
4. Place the fruit segments and fennel in a salad bowl.
5. In a blender, blend together the oil, mint and 3 tbsp (45 mL) of the reserved juice until smooth.
6. Season with salt and pepper.
7. Pour over the fruit and fennel. Add the chopped walnuts and toss until all the ingredients are coated.

Chef Note: This a classic citrus salad. You can vary the flavor by using different herbs or adding sliced red onion. You can also buy sectioned oranges and grapefruit from the refrigerated cases in the produce department. Check the label for added sugar.

Per serving: 130 calories, 3g protein, 8g fat (1g saturated), 0mg cholesterol, 16g carbohydrate, 5g fiber, 7g sugar, 240mg sodium
% Daily Value: Vitamin A 20%, Vitamin C 80%, Calcium 8%, Iron 6%



Move during the commercials.

One way to sneak in some physical activity is to move while you're watching TV. If you get up and walk around the house or march in place during the commercials, you will have no problem getting in 30 minutes of activity while watching 3 hours of TV.

Tip of the Month

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Citrus Chicken Sauté

Serves: 4

Serving size: 1 each (85 g)

- ¼ cup (50 mL) orange juice
- ½ tsp (2 mL) grated lime rind
- 2 tbsp (30 mL) fresh lime juice
- 1 tbsp (15 mL) chopped fresh rosemary
- 2 tsp (10 mL) minced garlic
- 1 tsp (5 mL) grated orange rind
- ¼ tsp (1 mL) salt
- ⅛ tsp ground red pepper
- Four 4oz (115 g) boneless chicken breasts, pounded thin
- Nonstick cooking spray



Directions:

1. Combine all ingredients, except chicken, in a small bowl, stirring well with a whisk.
2. Pour marinade juice mixture into a large resealable plastic bag.
3. Add chicken to bag. Seal; let marinate for 20 minutes.
4. Coat a large nonstick skillet pan with cooking spray and heat over medium-high heat.
5. Remove chicken from bag.
6. Add chicken to heated pan; cook 4 minutes on each side or until done.

Per serving: 140 calories, 24g protein, 3g fat (1g saturated), 75mg cholesterol, 1g carbohydrate, 0g fiber, 0g sugar, 130mg sodium

% Daily Value: Vitamin A 0%, Vitamin C 8%, Calcium 0%, Iron 2%



Oranges & Grapefruit

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