



Oranges



Nutritional Benefit:

- One medium orange has only 70 calories.
- Provides fiber, folate and vitamin C.

How to Pick, Store, & Prepare:

- Choose firm, small citrus fruits with thin skin that are heavy in size.
- Skin color may not indicate ripeness, avoid wrinkled or discolored peels.
- Store at room temperature for 7-10 days or in the crisper drawer of the refrigerator for up to 2 weeks.
- Remember to peel or slice before consuming!

How to Increase Consumption:

- For a great start to the day, add fresh orange sections to oatmeal!
- Top your favorite salad with sectioned citrus, strawberries and walnuts.
- Make your own orange flavored popsicles or sorbet.
- Add citrus to meat or seafood entrees for a sweet, tangy flavor.

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Red Potatoes



Nutritional Benefit:

- One medium potato has 150 calories.
- Provides potassium, fiber and vitamins B6 and C.

How to Pick, Store, & Prepare:

- Choose firm, smooth-skinned potatoes, free of wrinkles and sprouts.
- Potatoes can be stored for a few weeks in a cool, ventilated area. Do not store whole potatoes in the fridge.
- Once cooked use within a few day or freeze and use within in 6 months.
- Wash and scrub the potatoes before use.
- Pierce the potato with a fork and place in the microwave for 3-5 minutes or bake at 375 degrees for 15-30 minutes, or until soft.

How to Increase Consumption:

- Enjoy potatoes baked, roasted, or mashed.
- Try adding cooked cauliflower, parsnips, turnips or rutabagas to your mashed potatoes.
- Make a meal by topping a baked potato with ham, cheese, broccoli and chives.
- Add cubed potatoes to soups and stews.

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Orange Recipe

Pistachio Fruit Salad

Serves 8 (½ cup per serving)

Ingredients:

- 1 (20 oz.) can crushed pineapple packed in 100% juice
- 1 (1 oz.) package instant sugar-free pistachio pudding mix
- 1 (15 oz.) can mandarin oranges in light syrup or 100% juice
- 2 apples, chopped
- 2 cups grapes, halved

Directions:

Drain pineapple, reserving juice. In a medium bowl, whisk together the reserved pineapple juice and pudding mix for 2 minutes, or until mixture thickens. Stir in pineapple, mandarin oranges, apples and grapes. Cover and refrigerate until serving.

Per serving: 120 calories, 0 g fat, 1 g protein, 31 g carbohydrate, 3 g fiber, 31 mg sodium

This recipe is a Foot Steps to Health Recipe providing a serving of fruit or vegetable and is 500 Club Approved



Red Potato Recipe

Red Potato Soup

Serves 7 (¾ cup per serving)

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| 1 cup chopped onion | 1 clove garlic, minced |
| 1 Tbsp. olive oil | 6 medium red potatoes, cubed |
| 2 small carrots, chopped | ½ cup chopped celery |
| 1 ½ cups chicken broth | 3 Tbsp. butter |
| 3 Tbsp. flour | 2 ½ cups fat-free milk |
| ¾ tsp. salt | ½ tsp. pepper |
| ½ cup shredded Swiss cheese | |

In a large saucepan, sauté onion and garlic in oil until soft; add potatoes, carrots, celery and broth. Bring to a boil. Reduce heat; cover and simmer for 12-15 minutes or until vegetables are tender; lightly mash.

Meanwhile, in a small saucepan, melt butter; stir in flour until smooth. Gradually stir in milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in potato mixture. Cook and stir until thickened and bubbly; add salt and pepper. Remove from heat; stir in cheese until melted.

Per serving: 250 calories, 9 g fat, 9 g protein, 35 g carbohydrate, 4 g fiber, 590 mg sodium

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For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.getactivewisconsin.org/>

(Click La Crosse County, click Get Healthy Eating)