

Fruit & Vege Co-op



Oranges

STORAGE	PREPARATION
Store oranges at room temperature, the fruit bowl is ideal.	<ul style="list-style-type: none">- Top and tail the orange and cut into slices for small children.- Squeeze for fresh orange juice with breakfast.
ADD FLAVOUR	VEGE UP
Peel and slice and arrange on a plate with cucumber slices, drizzle with vinaigrette.	<ul style="list-style-type: none">- Peel and dice to add to salads, veges or fruit.- Add to lunchboxes and picnic baskets.- Pop in the Christmas stocking alongside the lollies for a healthy Christmas morning snack.- Slice a couple of oranges and share around the table for a quick and easy dessert.

RECIPE: Orange Salad (Serves 4)

Source: Adapted from www.vegfed.co.nz

4 oranges, peeled and segmented
2 cups mixed salad greens OR lettuce
1 capsicum deseeded and sliced
1 small onion finely sliced
1 Tbsp sesame seeds

Dressing

1 ½ Tbsp vegetable oil
1 Tbsp vinegar or lemon juice
2 tsp sweet chilli sauce

1. Put all salad ingredients onto a platter.
2. Mix dressing ingredients together in a small bowl or jug.
3. Drizzle the dressing over the salad, toss gently to combine and serve immediately.

All recipes are available on our website by visiting www.rph.org.nz > Nutrition > Fruit and Vege Co-op

