A medium orange supplies all the vitamin C you need for an entire day. Oranges, as well as other citrus fruits, are high in pectin, a type of fiber. Choose orange with firm, smooth skins which feel heavy for their size. This is a sign that the orange is juicy.

---

### SUNSHINE SANDWICH

Peel and cut a seedless orange into slices. Spread a little mayonnaise on two slices of bread. Place 2-3 slices of turkey on one slice of bread. Top turkey with orange slices and cover with the other slice of bread. Oranges add a tasty zing to an otherwise ordinary sandwich.

### ORANGE-BANANA SHAKE

Blend 1 cup of orange juice, one banana (peeled), one orange (peeled and quartered) and 1 teaspoon of honey in the blender. Add six ice cubes, one at a time, blending well after each one. Makes enough for you and a friend.

---

**Did You Know?**

- Oranges were mentioned in Chinese writings as early as 2000 B.C. By 1178, A Chinese horticulturist described numerous varieties of oranges growing in one region, including seedless fruit.
- The history of the orange goes back so far that some experts believe that the apple eaten by Eve in the Garden of Eden was really an orange.
- On his second voyage, Columbus brought orange seeds from the Canary Islands to the New World.

---

**Fresh orange “smiles” are a nutritious addition to any meal or snack**

---

For more information contact:
Mary Wilson, MS, RD
702-257-5507
www.unce.unr.edu

---

An EEO/AA institution.

Copyright © 2011, University of Nevada Cooperative Extension.