



Home on the Range



Refreshing Citrus For Every Meal

Fruit contains natural sugars that stimulate the brain to think faster and recall information more quickly.

Citrus fruits and juices are full of vitamins and minerals essential to maintaining a healthful diet. These include vitamin C, folic acid, dietary fiber, and potassium. In fact an 8-ounce glass of orange juice contains 100-120 percent of the daily requirement of vitamin C. One medium orange contains 130 percent, and a half of grapefruit contains 110 percent.

The American Cancer Society, March of Dimes, and American Heart Association have recognized the important role a balance diet that includes citrus and fruit juices may play in helping to reduce the risk of certain cancers, neural tube birth defects, and heart disease.

Fresh citrus fruits are hard to beat for nutrition and taste, but many wonderful recipes used fruit and juice offer wonderful tastes and variety.

Enjoy these recipes, and have an orange.

CINNAMON-HONEY ORANGE SLICES

1/4 cup honey
1 teaspoon ground cinnamon
4 large navel oranges, peeled,
cut into 1/2-inch slices

In a medium bowl, mix together honey and cinnamon. Add orange slices; stir gently to coat. Set aside for 15 minutes before serving.

"These are really good!"
Pa. Honey Queen
Renee Blatt
Jonestown

MAUI MILK PUNCH

1 1/2 quarts vanilla ice cream,
softened
3 cups chilled pineapple juice
1/3 cup orange juice
1 tablespoon lemon juice
4 cups cold milk

Gradually add fruit juices to ice cream, beating constantly. Blend in milk, beating well.

SUN Area Dairy Princess
Jennifer McWilliams

BANANA-ORANGE FROST

1 ripe banana, peeled
1/2 cup orange juice
1/2 cup cold milk
1 cup orange sherbet

Mash banana in small bowl with a fork. Stir in orange juice. Beat mixture with a hand beater until smooth. Stir in milk and one cup sherbet. Beat until smooth. Pour into two tall glasses. Top each glass with several

scoops of orange sherbet. Decorate each glass with an orange slice. Makes two servings.

Huntingdon Co. Dairy Princess
Alexandria

SUPER SPINACH SALAD

8-ounces packaged spinach
leaves mixed with wild greens or
romaine lettuce

1/4 cup shredded Swiss cheese
1/2 cup canned mandarin
oranges

1/2 cup carrots (sliced or
shredded)

1/2 cup broccoli flowerets

1/4 cup shredded red cabbage

Fat-free Balsamic vinaigrette
Place spinach, shredded
cheese, oranges, and carrots in a
plastic bowl with lid. Pack vinaigrette in separate small plastic
container. When ready to eat,
top salad with vinaigrette and
serve with low-fat, whole-wheat
crackers or rolls and green or
red grapes.

SUN Area Dairy Princess
Jennifer McWilliams
Sullivan Co. Dairy Princess
Noreen Rouse

PINEAPPLE-LEMON UPSIDE-DOWN CAKE

17 1/4-ounce can crushed pine-
apple, drained, juice reserved
3-ounce package sugar-free
lemon-flavored Jell-O

1/2 cup egg substitute

1 large egg white

3/4 cup granulated sugar

1 teaspoon vanilla extract

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1 teaspoon vanilla extract

3/4 cup all-purpose flour

1 teaspoon baking powder

1/4 teaspoon salt

Preheat oven to 375 degrees.
Line a 9-inch round cake pan
with waxed paper. Spray the
paper and the pan with non-stick
cooking spray.

Evenly spread drained,
crushed pineapple over the top
of waxed paper in the pan. Sprin-
kle with lemon Jell-O over the
pineapple.

In a medium mixing
bowl, beat the egg substitute and
egg white until it's a fluffy yellow
color. Add sugar and vanilla,
beat. Add 1/3 cup pineapple juice.
Sift together dry ingredients and
beat into the egg mixture. Pour
over the pineapple and lemon
Jell-O.

Bake for 25-30 minutes
or until tester comes out clean.
Immediately loosen sides from
pan and invert on plate.

Cool and serve with



Use citrus in recipes for even more refreshing flavors.

whipped cream topping.

B.Light
Lebanon

LEMON ICE CREAM RINGS

1/2 pint vanilla ice cream
1 fresh pineapple
2 tablespoons frozen lemonade
concentrate
1/4 teaspoon ground ginger

Place ice cream in refrigerator
to soften slightly, about 15
minutes.

Meanwhile, with extra
sharp knife, cut off crown and
stem of pineapple. Carefully cut
off peel and remove eyes. Cut
fruit crosswise into 1/2-inch slices.
With round biscuit cutter or
sharp knife, remove core from
each slice. In small bowl, mix
softened ice cream, lemonade
concentrate, and ground ginger.
Serve ice cream mixture over
pineapple rings. Serves 4.

BROILED GRAPEFRUIT

Cut grapefruit in half, cut
around sections, and cut a small
hole in center of each half. Fill
each center cavity until over-
flowing with honey and one tea-
spoon butter. Sprinkle a mixture
of sugar and cinnamon over en-
tire top of fruit. Put under a
broiler for a few minutes until it
turns brown. Garnish with ber-
ries or grilled chicken liver.

Makes two servings.

CLASSIC AMBROSIA

3 cups orange sections
4 cups mixed pink and white
grapefruit sections

1 1/2 cups shredded coconut
Strawberries for garnishing
Combine all ingredients except
berries in serving bowl. Refrig-
erate overnight. Garnish with
berries just before serving.
Makes 10-12 servings.

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Featured Recipe

To many people, the fresh taste of grapefruit as a culinary staple extends only to drinks and a few familiar dishes. In reality, it is far more versatile fruit than many know. In fact, cooks in cultures all over the world have found limitless opportunities to incorporate the sweet, fragrant fruit and juice into creative meal ideas.

But beyond good taste, research indicates that citrus, particularly grapefruit, is packed full of nutritional value, providing numerous all-natural, disease-fighting nutrients. As nutrition supplements become more commonplace, it's important to remember that many key vitamins and minerals necessary for proper healthy can be found in all-natural, easily accessible, and reasonably priced foods like grapefruit.

Grapefruit contains no sodium or cholesterol. An excellent source of fiber, grapefruit also is high in vitamin C, an important antioxidant, and contains vitamin A, folate, and potassium. A whole grapefruit has more dietary fiber (12 grams) than a majority of the top 20 most consumed fruits, including apples, bananas, and strawberries. A diet high in fruits and vegetables containing dietary fiber also may help support healthy cholesterol levels and may help reduce the risk of some cancers.

Eating grapefruit is one of the best ways to fortify your diet with vitamin C. Scientists have learned that this powerful antioxidant helps to neutralize the activity of highly unstable molecules of oxygen called free radicals, which can damage cells, lead to aging and may contribute to chronic diseases like heart disease and cancer. Additionally, vitamin C is essential for healthy skin and gums.

The health benefits extend beyond the fruit itself. Eating grapefruit also boosts the nutritional value of other foods, specifically those high in iron.

Consuming a grapefruit or a glass of juice prior to or during a meal provides vitamin C that converts iron contained in non-meat foods, such as spinach, to a form that is easy for the body to absorb.

Pump up iron levels by eating the Fresh Spinach and Grapefruit Salad, which contains the crucial combination of spinach and grapefruit.

FRESH SPINACH AND GRAPEFRUIT SALAD

10-ounce package spinach, washed, stemmed, torn
2 medium grapefruit, peeled, cut crosswise in half, and separated into sections.

1 red bell pepper, cut into short, thin stripes

1/2 cup sliced green onions

1/2 cup light honey-dijon or Italian dressing

1/4 cup low-fat bacon bits

1/4 cup fat-free seasoned croutons

In a large bowl, combine spinach, grapefruit sections, bell pepper strips, and green onions. Add dressing; toss well. Transfer mixture to four serving plates. Sprinkle with bacon bits and croutons. Makes 4 servings.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date listed below.

April
1 - Asparagus
8 - Easter Candy
15 - Bread Spreads
22 - Easter Ideas