

# Orange Juice

## Health Benefits:

- Orange juice contains vitamin C, and is a good source of potassium, folate, and thiamin.
- Vitamin C may have antioxidant activity and is needed to form collagen, which forms the basis of skin, bones, and tissue.

## How Can it be Used?

- Orange juice can be consumed as juice, can be added to other drinks for additional flavor, popsicles and frozen treats, salad dressings, cakes and quick breads, as well as used as marinade.

## Iced Orange Juice and Cucumber Soup

### Ingredients:

- 1/4 cup Orange Juice
- 1/4 cup fresh lime juice
- 2 cucumbers, peeled, seeded and sliced
- 1 small cantaloupe, seeded and sliced
- 2 tablespoons honey
- 1 cup low-fat vanilla yogurt
- 1 tablespoon chopped fresh mint

### Directions:

1. Combine orange juice, lime juice, cucumbers, cantaloupe and honey in a blender or food processor and blend until smooth.
2. Stir in yogurt and mint.
3. Chill for at least 2 hours and serve.

## Orange and Worcestershire Marinade

### Ingredients:

- 4 Tbsp orange juice
- 4 Tbsp honey
- 2 Tbsp Worcestershire sauce
- 1 Tbsp olive oil
- 1 Tbsp finely grated orange rind
- 1 large garlic clove, finely chopped

### Directions:

1. Mix ingredients together as marinade prior to cooking pork or chicken.
2. Set some aside at the beginning and use it to brush over the meat the last few minutes it is cooking. This makes enough marinade for 1 1/2 - 2 pounds of meat.

### Orange Juice Chicken

#### Ingredients:

4 skinless, boneless chicken breast halves

2 tablespoons prepared Dijon-style mustard

1/2 cup chopped onion

1/2 cup packed brown sugar, divided

2 cups orange juice

2 tablespoons butter

2 tablespoons all-purpose flour

#### Directions:

1. Preheat oven to 375 degrees F
2. Place chicken in a 9x13 inch baking dish. Spread mustard evenly over the chicken and sprinkle with chopped onion. Coat lightly with 1/4 cup of the brown sugar and pour in enough orange juice to cover chicken. Add butter on top.
3. Bake in preheated oven for 45 minutes, then remove leftover sauce from baking dish and pour into a saucepan. Sprinkle chicken with remaining 1/4 cup brown sugar and return to oven.
4. Whisk flour into sauce in saucepan. Add any leftover orange juice and heat on high until the sauce thickens. Remove chicken from oven and place on a serving dish; pour sauce over the chicken or into a gravy boat, and serve.

### Orange Sherbet Smoothie

#### Ingredients:

1/2 cup orange Juice

1 cup orange sherbet or nonfat vanilla frozen yogurt

1 cup sliced bananas

1 & 1/2 cups peaches

1/2 teaspoon vanilla extract

#### Directions:

1. Puree the orange juice, sherbet, bananas, peaches and vanilla extract in a blender.
2. Pour into 4 glasses and garnish with fruit of your choice.

### Vanilla-Orange Juice Pops

#### Ingredients:

1 1/2 cups orange juice

1 1/2 cups low-fat vanilla yogurt

1/2 tsp vanilla extract

#### Directions:

1. Whisk juice, yogurt, and vanilla in bowl.
2. Divide mixture among freezer pop molds. Insert sticks and freeze until completely firm, or 6 hours. Dip molds briefly in hot water before unmolding.

Recipes: [floridasnatural.com/recipes](http://floridasnatural.com/recipes)