

Florida Department of Citrus “Cart Away Colds” Recipes featuring 100 percent Florida Orange Juice and other Immune System-Supporting Foods

Orange Cinnamon Breakfast Boost

This quick and refreshing beverage provides antioxidant vitamin C from 100 percent Florida orange juice and a fresh navel orange straight from the Florida groves. Additional immune system-supporting ingredients come from live and active cultures in yogurt and antioxidants in cinnamon. Try it for a healthy and great-tasting jumpstart to your day during cold and flu season and year-round.

Makes 2 servings.

Ingredients

2 cups (16 ounces) 100% Florida orange juice
1 cup low-fat vanilla yogurt
1 Florida navel orange, peeled and cut into one-inch chunks
½ teaspoon ground cinnamon

Directions

Place all ingredients into a blender container and blend until smooth. Serve immediately or refrigerate.

Asian Spiced Couscous with Toasted Walnuts

Preparing this couscous with vitamin C-rich 100 percent Florida orange juice instead of water adds a tasty citrus zing while boosting the immune system-supporting benefits of this Asian-flavored side dish. Additionally, the walnuts contain essential omega-3 fatty acids and ginger has been reported to have potential natural anti-inflammatory components. Don't be intimidated by fresh gingerroot; simply peel a small chunk with your potato peeler and grate.

Makes 6 servings.

Ingredients

1 1/3 cups (10 2/3 ounces) 100% Florida orange juice
1 teaspoon fresh gingerroot, grated
2 garlic cloves, finely minced
1 teaspoon soy sauce
1 teaspoon Thai chili garlic paste
1 cup whole wheat couscous (dry)
1/3 cup green onions, chopped
1 tablespoon fresh red chile pepper, seeded and finely minced*
2 tablespoons cilantro, finely chopped
1/2 cup walnuts, coarsely chopped and toasted**

* Such as Serrano chile or Fresno chile peppers

Directions

Whisk orange juice, grated ginger, garlic, soy sauce and Thai chili garlic paste together in a medium saucepan over high heat. Bring to a boil and add couscous, stirring quickly. Remove orange juice mixture from heat and stir in green onions and pepper. Cover and let stand 5 minutes. Stir in cilantro and toasted walnuts. Serve warm.

***Toasting walnuts: Spread coarsely chopped walnuts in a single layer on a rimmed baking sheet. Toast in a 350°F oven until walnuts are golden and fragrant, about 10 to 15 minutes. Stir and check several times while toasting.*

Salmon and Orange Salad with Orange Shallot Vinaigrette

This entrée salad is packed with delicious ingredients that offer a variety of nutrients to support the immune system and other important systems. From the smoked salmon with essential omega-3 fatty acids to the juicy Florida oranges with antioxidant vitamin C – this salad serves up exciting flavor and nutrients to support good health this cold and flu season.

Makes 2 servings.

Orange Shallot Vinaigrette Ingredients

1 cup (8 ounces) 100% Florida orange juice
4 tablespoons walnut oil
1 ½ teaspoons Dijon mustard
1 garlic clove, finely minced
3 tablespoons shallots, finely minced
Freshly ground salt and black pepper to taste

Salad Ingredients

3 cups baby spinach leaves
3 cups mixed greens
1/3 cup sliced mushrooms
6 strawberries, thinly sliced
1/3 cup red onion slices
1 large Florida navel orange, peeled and cut into slices
2 tablespoons roasted and salted sunflower seed kernels
2 smoked salmon fillets (3 or 4 oz. each)*

* Look for either the pouch pack smoked salmon fillets in the canned tuna/salmon section or for refrigerated smoked salmon fillets.

Directions

Whisk orange juice, walnut oil, mustard, garlic and shallots together in a small bowl. Add salt and pepper to taste. Set aside.

Toss baby spinach and mixed greens together; divide between two large plates or large bowls. Arrange half of the mushrooms, strawberries, red onions and orange slices over each salad. Sprinkle each salad with 1 tablespoon sunflower seeds; top with salmon fillet. Drizzle 4 tablespoons of Orange Shallot Vinaigrette over each salad. Reserve remaining dressing for other uses.