

# Pick a **better snack**<sup>™</sup> – THE COLOR WAY

## TANGERINE

*Wash. Peel. Eat. How easy is that?*



The word tangerine and mandarin are often used interchangeably, but tangerine is really a subgroup of the mandarin orange species. Mandarins are characterized by a loose, easily peeled skin leading to the nickname, 'zipper fruit.' Clementine is one of the most popular varieties sold because it is also seedless with a very delicate texture. Select fruit that is heavy for its size. They are ready to eat when picked, so color is NOT a purchasing indicator.

### *PINK TANGERINE AMBROSIA (MAKES 4 SERVINGS)*

2 tangerines, peeled, segmented  
2 ruby grapefruit, peeled, segmented  
1 Tablespoon fresh mint leaves, chopped  
juice of 1-2 tangerines (1/4 cup)  
2 Tablespoon orange liqueur (optional)  
1 teaspoon honey  
fresh mint sprigs, tangerine peel strips for garnish

In a bowl toss together tangerine and grapefruit segments with chopped mint. In another small bowl stir together tangerine juice, liqueur, and honey. Pour mixture over fruit; toss gently. Cover and chill at least 1 hour to blend flavors. Serve in compote dishes, garnished with mint or peel strips.

Recipe Source: PBH/Sunkist Growers, Inc. This is an official 5 A Day recipe.

### *HOLIDAY FRUIT TREE*

Make mini fruit kabobs using a half inch thick, peeled slice of kiwi topped with a section of clementine. Secure with a pick. Arrange in a tree shape. Clementine is the garland. Cluster mandarin sections at top for a star. For ornaments, sprinkle with pomegranate seeds.

Including **YELLOW/ORANGE** fruits and vegetables in your low-fat diet helps maintain:

- A healthy heart
- Vision health
- A healthy immune system
- A lower risk of some cancers

Pick a **better snack**<sup>™</sup> was developed in partnership with the Iowa Nutrition Network, Iowa State University Extension, and the USDA's Food Stamp Program and Team Nutrition - equal opportunity providers and employers. For more information, visit the Iowa Department of Public Health web site [www.idph.state.ia.us/pickabettersonack](http://www.idph.state.ia.us/pickabettersonack) or Iowa State University Extension web site [www.extension.iastate.edu/food](http://www.extension.iastate.edu/food). For more information about 5 A Day the Color Way<sup>™</sup>, visit [www.5aday.com](http://www.5aday.com).