

### Citrus Fruit



Citrus fruits have long been known for their high vitamin C content important for healing wounds and fighting infection. Whether it is an orange, lemon, lime, grapefruit, or other citrus they all have powerful antioxidants and flavonoids that protect the body from infection and help it heal. They are also high in fiber and contain no fat or sodium. Try serving new varieties of citrus such as blood oranges, mandarins, or tangelos.

Did you know that children who try new healthy foods and are willing to try the food again are more likely to choose these foods? This week we tasted citrus that were just washed, peeled, and served...ask your child how they liked them! Here is another way to serve citrus.

### Sunshine Mandarin Salad

#### Ingredients:

- 1 1/2 cups fresh peeled, diced mandarins (or one 11 ounce can)
- 8 cups fresh spinach
- 1/2 red onion, sliced
- 1/2 cup dried cranberries
- 1/4 cup light or reduced-fat vinaigrette

#### Optional:

- 1/4 cup slivered almonds or other chopped nuts
- 1/2 cup low-fat crumbled feta cheese

**Note:** Other citrus can be substituted for the mandarins.



#### Preparation:

1. Toss spinach, mandarins, onions, cranberries, feta cheese, and nuts in a large bowl.
2. Add dressing; mix well. Serve.

*Developed by the University of California Cooperative Extension.*