

Chicken and Pasta with Orange-Basil Sauce

For this quick, one-dish meal, purchase a deli-roasted chicken or a cooked turkey breast or use leftover turkey from a holiday meal.

Folic acid: 70 micrograms

Food folate: ★★★ (an "excellent" source of food folate)

- ¾ cup frozen Florida orange juice **concentrate**, thawed
- ½ cup chicken broth
- 4 teaspoons cornstarch
- 6 ounces packaged enriched dried rotini, or twist pasta
- 1 16-ounce package loose-pack frozen Italian blend (zucchini, carrots, cauliflower, lima beans, and Italian beans) or other mixed vegetables
- 2 cups cubed cooked chicken or turkey
- ¼ cup snipped fresh basil or 2 tablespoons dried basil
- ⅛ teaspoon black pepper

To make the sauce, in a small saucepan combine thawed concentrate, chicken broth, and cornstarch. Cook and stir until thickened and bubbly; cook and stir 2 minutes more. In a large saucepan cook pasta in boiling, lightly salted water for 5 minutes. Add frozen vegetables; return to boiling. Cook, uncovered, 5 minutes more or until pasta and vegetables are tender. Drain; return to saucepan. Add sauce, chicken, basil, and pepper. Heat and toss until hot.

Makes 4 servings.

NUTRITION FACTS PER SERVING: 438 calories, 31 g protein, 62 g carbohydrate, 7 g total fat (2 g saturated fat), 68 mg cholesterol, 3 g dietary fiber, 190 mg sodium.
Daily Values: 131% vitamin C, 82% vitamin A, 32% thiamin, 19% riboflavin, 50% niacin, 22% iron, 23% potassium.

Recipe courtesy of the Florida Department of Citrus

Chicken and Rice Bake

Updating this favorite dish by replacing the canned soup with Florida orange juice concentrate gives it a fresh flavor and cuts the fat from 11 to 3 grams.

Folic acid: 75 micrograms

Food folate: ★★ (a "good" source of food folate)

3 whole medium chicken breasts (about 2¼ pounds total),
skinned and halved lengthwise
¾ cup frozen Florida orange juice **concentrate**, thawed
½ cup thinly sliced celery
½ cup chopped onion
2 teaspoons instant chicken bouillon granules
½ teaspoon dried thyme, crushed
1⅓ cups enriched long grain rice, uncooked
Garlic salt
Paprika
Snipped fresh or dried parsley

Rinse chicken; pat dry with paper towels. In a medium saucepan, combine thawed concentrate, celery, onion, bouillon granules, thyme, 2 cups water, and dash pepper. Bring to boiling. Transfer to a 3-quart rectangular baking dish. Stir in uncooked rice. Add chicken pieces. Sprinkle lightly with garlic salt, paprika, and additional pepper.

Cover and bake in a 350 degree oven for about 1 hour or until chicken is tender and no longer pink and rice is tender. Sprinkle with snipped parsley before serving.

Makes 6 servings.

NUTRITION FACTS PER SERVING: 309 calories, 21 g protein, 49 g carbohydrate, 3 g total fat (1 g saturated fat), 45 mg cholesterol, 1 g dietary fiber, 370 mg sodium.
Daily Values: 63% vitamin C, 25% thiamin, 43% niacin, 18% iron, 14% potassium.

Recipe courtesy of the Florida Department of Citrus

Company Mashed Potatoes

Food folate: ★★ (a "good" source of food folate)

2 pounds sweet potatoes, peeled and cut up
1½ pounds white potatoes, peeled and cut up
½ cup chopped onion
2 tablespoons margarine or butter
¾ cup frozen Florida orange juice **concentrate**, thawed
⅓ cup fat-free dairy sour cream
½ teaspoon garlic salt

Place all potatoes in a Dutch oven; add enough water to cover. Bring to boiling; reduce heat. Cover and simmer about 25 minutes or until tender.

Meanwhile, in a skillet cook onion in margarine until tender but not brown. Drain potatoes. Mash or beat with an electric mixer on low speed. Add onion mixture, thawed concentrate, sour cream, garlic salt, and ¼ teaspoon pepper. Beat until fluffy.

Makes 8 servings.

NUTRITION FACTS PER SERVING: 246 calories, 4 g protein, 51 g carbohydrate, 3 g total fat (1 g saturated fat), 0 mg cholesterol, 5 g dietary fiber, 183 mg sodium.

Daily Values: 77% vitamin C, 198% vitamin A, 15% thiamin, 22% potassium.

Recipe courtesy of the Florida Department of Citrus

Citrus Spinach Salad

Loaded with vitamin C, vitamin A, and iron, as well as folate, this change-of-pace salad is great with chicken or fish.

Food folate: ★★★ (an "excellent" source of food folate)

- 8 cups torn fresh spinach
- 1½ cups sliced fresh mushrooms
- ¼ cup sliced green onions
- 2 slices turkey bacon, chopped
- 2 teaspoons cornstarch
- ½ teaspoon finely shredded orange peel
- 1 cup Florida orange juice, ready-to-drink
- ⅛ teaspoon garlic salt
- ⅛ teaspoon ground black pepper
- 3 Florida oranges, peeled, halved, and sliced
- ½ of a medium sweet orange or red pepper, cut into thin bite-size strips

In a large salad bowl combine spinach, mushrooms, and onions; set aside.

In a 12-inch skillet or a Dutch oven, cook bacon over medium heat until crisp. Remove bacon; drain on paper towels. Set aside.

Wipe out skillet with a paper towel. In a bowl combine cornstarch, orange peel, orange juice, garlic salt, and black pepper; add to skillet. Cook and stir until thickened and bubbly; cook and stir 2 minutes more. Remove from heat. Add spinach mixture. Toss until coated. If desired, return salad to heat and toss 30 to 60 seconds more or until slightly wilted. Return mixture to salad bowl; toss in bacon, oranges, and pepper strips.

Makes 4 side-dish servings.

NUTRITION FACTS PER SERVING: 105 calories, 6 g protein, 19 g carbohydrate, 2 g total fat (1 g saturated fat), 5 mg cholesterol, 5 g dietary fiber, 259 mg sodium.

Daily Values: 162% vitamin C, 89% vitamin A, 13% thiamin, 21% riboflavin, 12% niacin, 11% calcium, 26% iron, 27% potassium.

Recipe courtesy of the Florida Department of Citrus

30-Minute Chicken Dinner

A colorful blend of vegetables and frozen Florida orange juice concentrate helps this dish go together in a flash.

Folic acid: 105 micrograms

Food folate: ★★ (a "good" source of food folate)

Nonstick spray coating
½ cup chopped onion
3 cups water
1¼ cups enriched long grain rice, uncooked
¾ cup frozen Florida orange juice **concentrate**, thawed
3 tablespoons reduced-sodium soy sauce
¼ teaspoon ground ginger
⅛ to ¼ teaspoon black pepper
3 cups loose-pack frozen stir-fry vegetables (sugar snap peas, carrots, onions, and mushrooms)
1 cup chopped cooked chicken

Spray an unheated large saucepan with nonstick coating. Add onion; cook and stir over medium heat until onion is tender, but not brown. Carefully stir in water, uncooked rice, thawed concentrate, soy sauce, ginger, and pepper. Bring to boil; reduce heat. Cover and simmer for 15 minutes.

Sprinkle frozen vegetables on top of mixture; do not stir in. Cover and simmer about 5 minutes more or until rice and vegetables are tender and liquid is absorbed. Stir in chicken; heat through.

Makes 4 servings.

NUTRITION FACTS PER SERVING: 421 calories, 19 g protein, 75 g carbohydrate, 4 g total fat (1 g saturated fat), 34 mg cholesterol, 2 g dietary fiber, 459 mg sodium.

Daily Values: 93% vitamin C, 32% vitamin A, 35% thiamin, 33% niacin, 23% iron, 16% potassium.

Recipe courtesy of the Florida Department of Citrus

Florida Refresher

Sip this fruity drink at breakfast, as a refreshing snack, or for a low fat dessert.

Food folate: ★★★ (an "excellent" source of food folate)

- 2 cups low-fat buttermilk
- 1 cup cut-up strawberries
- $\frac{3}{4}$ cup frozen Florida orange juice **concentrate** (do not thaw)
- 6 ice cubes
- 2 tablespoons honey
- 1 teaspoon vanilla

Place all ingredients in a blender. Cover and blend until frothy. If desired, garnish with additional strawberries.

Makes 3 (12-ounce) servings.

NUTRITION FACTS PER SERVING: 194 calories, 7 g protein, 39 g carbohydrate, 2 g total fat (1 g saturated fat), 6 mg cholesterol, 1 g dietary fiber, 174 mg sodium.

Daily Values: 180% vitamin C, 14% thiamin, 17% riboflavin, 17% calcium, 20% potassium.

Recipe courtesy of the Florida Department of Citrus

Ranch Beans

Food folate: ★★★ (an "excellent" source of food folate)

- ¼ cup green pepper, chopped
- 1¾ cups canned vegetarian beans
- 1¾ cups canned kidney beans, red, drained
- 2 tablespoons catsup
- 2 tablespoons molasses
- ½ teaspoon dried onion

Conventional Method:

Place all ingredients in saucepan and heat thoroughly, about 10 minutes.

Microwave Method:

Place all ingredients in microwave-safe bowl. Cover with waxed paper. Cook on high, stirring every 2 minutes. Cook about 5 minutes.

Makes 4 (1-cup) servings.

NUTRITION FACTS PER SERVING: 240 calories, 1 g total fat (trace of saturated fat), 0 mg cholesterol, 916 mg sodium.

Recipe courtesy of the U.S. Department of Agriculture