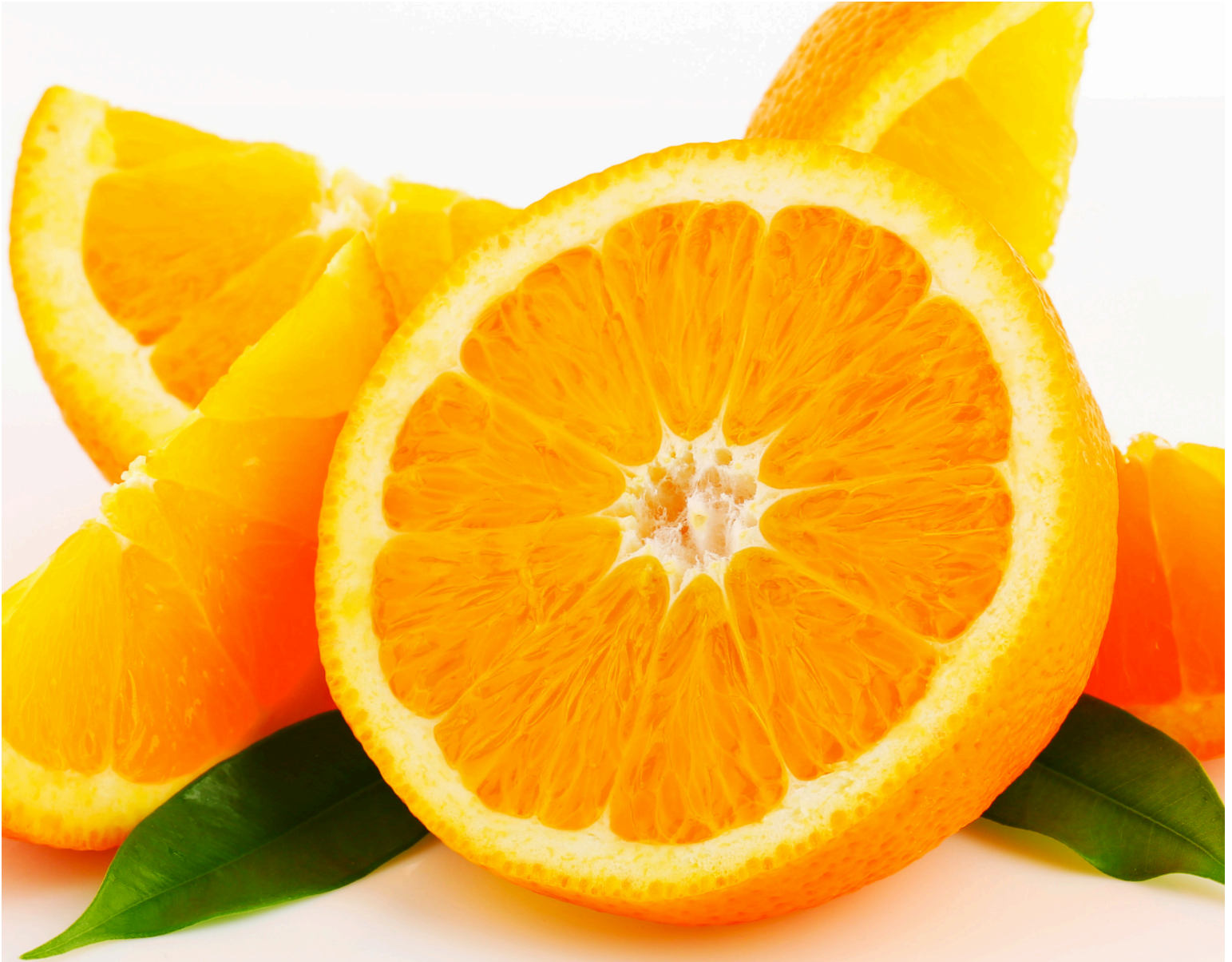


ORANGES

Oranges are known for being very high in vitamin C and keeping your immune system strong. One orange has all the vitamin C you need for the whole day! Eating a whole orange is smarter than just having the juice. Make sure to eat the pulp; it is where you'll find fiber and the most nutrients.



HARVEST  *of the*
MONTH

RECIPE CORNER

ORANGE BEEF STIR-FRY

YIELD: 2 Servings

INGREDIENTS

1 tbsp. cornstarch
1/4 cup cold water
1/4 cup orange juice
1 tbsp. reduced-sodium soy sauce
1/2 tsp. sesame oil
Dash crushed red pepper flakes
1/2 lb. boneless beef sirloin steak, cut into thin strips
2 tsp. canola oil, divided
3 cups frozen vegetable blend
1 cup hot cooked rice

DIRECTIONS

In a small bowl, combine the first six ingredients and whisk until smooth; set aside. In a large skillet or wok, stir-fry beef in 1 tsp. of oil until no longer pink, approximately 3-4 minutes. Remove with a slotted spoon and keep warm. Add vegetable blend and garlic to the skillet with the remaining oil for 3 minutes. Stir in cornstarch mixture. Bring to a boil. Cook and stir until thickened, about 2 minutes. Add beef and heat through. Serve over rice.

