

Fabulous Food

Celebrity Chef Offers Tips To Get More Citrus In Your Diet

(NAPSA)—Here's food for thought: Citrus fruit may do more for you than you realize. As chef Jill Davie, Food Network's "The Next Iron Chef" finalist and Chef de Cuisine of Josie in Santa Monica, Calif., says, "As a chef, understanding the seasons brings a sense of structure, rhythm and rightness to my cooking. I love infusing fresh ingredients into my menu; in particular, seasonal ingredients that make sense for the palate. California Navel Oranges offer a unique versatility, from their sweet and tangy taste and vibrant color to their wonderful nutritional benefits. I stock my pantry full with fresh oranges and am always sure to use them when creating sweet and savory pairings. They are a natural addition to my fresh citrus marinades." She offers these tips to help "citrus-ize" your menu:

- **Whittle Your Waistline.** California Navel Oranges are low in calories and contain cholesterol-fighting fiber. Studies show that people who eat fruit and other whole foods tend to eat less at subsequent meals, compared to people who eat "lighter, more calorie-dense foods" such as chips, snack crackers, desserts or candy.

- **Defend Yourself From Colds.** California Navel Oranges are chock-full of vitamin C, an excellent immunity booster. One California Navel provides 130 percent of your daily value of vitamin C.

- **"Scentsational" Citrusizing.** Save and dry orange peels and add them to your favorite potpourri.

- **Pretty In...Orange.** Mix a tablespoon of fresh-squeezed California orange juice with a cup of plain yogurt for an effective face mask.



- **Sweet Tooth Satisfaction.** Use orange section wedges to decorate a cake or simply top orange wedges with low-fat whipped topping.

- **Citrus-ize Your Spa.** Drop fresh orange peels or orange slices and a cup of oatmeal into your bathwater for a revitalizing, aromatic, citrus spa experience.

- **Table Toppers.** Brighten your home with an eye-popping fruit bowl that tastes as good as it looks.

- **Make Your Home Citrus Clean.** For a chemical-free way to freshen your kitchen, run a few orange quarters and half a cup of baking soda down your garbage disposal. Microwave smelly sponges for 30 seconds in a bowl of water with the juice of one orange slice.

- **Citrus-ize Your Cookbook.** Adding the juice or zest from a California Navel Orange can add a refreshing and healthy kick to traditional recipes. Chef Davie says, "I love to be creative with navel oranges in my cooking. The robust flavor of this versatile fruit pairs wonderfully with rich seasonal dishes, while adding a dose of wellness with every bite. I enjoy mixing orange juice into my favorite marinades or vinaigrettes for a refreshingly sweet burst of citrus flavor."

You can find more tips and citrus recipes at www.devouroranges.com.